

Mexican Chicken Soup with Lime (Sopa de Lima)

Yield: 6 min
Total Time: 85 min

Recipe from: <https://www.recipeschoose.com/recipes/weight-watchers-mexican-chicken-soup-recipe>

Ingredients:

- 1 1/2 cups canola oil for frying
- 6 corn tortillas
- 1 1/4 cups white onion chopped
- 3 cloves garlic minced
- 1 habanero chile seeded and minced
- 1/4 teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 pound tomatoes 2 large, cored, peeled, and chopped, or 1 cup of canned crushed tomatoes
- 2 quarts chicken stock homemade is best
- 1 teaspoon dried oregano preferably Mexican oregano if you have it
- 1 teaspoon salt more to taste
- 1 1/2 pounds skinless boneless chicken thighs or breasts if you prefer, we like the stronger taste of thighs, trimmed of excess fat, a...
- 1/3 cup lime juice from 2 to 4 limes, depending on the size
- 1 bunch cilantro roughly chopped, stems included for garnish, optional
- 2 avocados pitted, peeled, and roughly chopped for garnish, optional

Nutrition:

1. Calories: 920 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 80 milligrams
4. Fat: 72 grams
5. Fiber: 8 grams
6. Protein: 38 grams
7. SaturatedFat: 6 grams
8. Sodium: 1010 milligrams
9. Sugar: 12 grams

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