

Tortilla Soup

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/avocado-soup-indian-recipe>

Ingredients:

- 6 corn tortillas 6-inch, preferably a little old and dried out
- 1/4 cup grapeseed oil peanut oil, other high smoke-point oil
- 1/2 cup chopped onion
- 2 cloves garlic minced
- 1 poblano medium Anaheim, or jalapeño chile, seeded, veins removed, chopped, Depending on the hotness and flavor desired. You can also...
- 4 cups chicken broth or homemade chicken stock
- 14 1/2 ounces diced tomatoes undrained, recommended Muir Glen fire-roasted
- 1/2 teaspoon coarse salt kosher or sea salt
- 1 1/2 cups cooked chicken shredded
- 1 avocado ripe
- 1/2 cup shredded Monterey Jack cheese or mild cheddar
- chopped fresh cilantro
- 1 lime cut into wedges

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 60 milligrams
4. Fat: 36 grams
5. Fiber: 9 grams
6. Protein: 28 grams
7. SaturatedFat: 7 grams
8. Sodium: 520 milligrams
9. Sugar: 7 grams

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