

Chicken Tortilla Soup

Yield: 6 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/brown-stew-chicken-recipe-jamaican-ingredients>

Ingredients:

- 1/2 cup pasta elbows
- 2 tablespoons olive oil
- 2 cloves garlic minced
- 1 onion diced
- 4 cups chicken stock
- 28 ounces crushed tomatoes
- 4 ounces green chiles
- 2 teaspoons chili powder
- 1 teaspoon cumin
- 1/2 teaspoon oregano
- 1 pinch cayenne pepper
- kosher salt
- ground black pepper
- 2 cups chicken breast shredded
- 1 cup corn kernels roasted
- 2 tablespoons cilantro leaves chopped fresh
- 1 lime
- 1 avocado halved, seeded, peeled and diced, for serving
- tortilla strips, for serving

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 43 grams
3. Cholesterol: 40 milligrams
4. Fat: 14 grams
5. Fiber: 7 grams
6. Protein: 27 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 970 milligrams

9. Sugar: 8 grams

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