

Santa Fe Chicken Tortilla Soup

1 1/2 teaspoon ground cumin	1/4 cup diced red bell pepper
1/4 teaspoon chili powder	3 cloves garlic, minced
1/2 teaspoon garlic powder	1 (10 ounce) can tomatoes w/green chilies
1/2 teaspoon salt, plus more to taste	4 cups low –sodium chicken broth
2 boneless, skinless chicken breast	4 cups hot water
2 tablespoon olive oil	3 tablespoon tomato paste
1 cup diced onion	2 15-oz cans black beans, drained
1/4 ci[diced green bell pepper	3 tablespoons cornmeal
5 small corn tortillas	

Garnishes:

Diced avocado	Chopped fresh cilantro
Diced red onion	Grated Monterey Jack Cheese
Sour Cream	Pico De Gallo

Preheat the oven to 375 degrees F

Start by mixing together the cumin, 1 teaspoon of the chili powder, the garlic powder and salt. Drizzle the chicken breasts with 1 tablespoon of the olive oil. Then sprinkle with 1 teaspoon of the spice mixture. Set the rest of the spice mixture aside, Bake until the chicken is cooked all the way through, 15-20 minutes. Remove it from oven. Cut the chicken into cubes and set aside.

Next, heat the remaining 1 tablespoon olive oil in a large pot over medium-high heat. Throw in the onions, green and red bell peppers and garlic. Throw in a tablespoon of the spice mixture used to season the chicken. Add a little extra chili powder (1/4 teaspoon) for heat. Stir to cook the vegetables until they begin to turn golden brown, about 5 mins. Add the cubed chicken and diced tomatoes, juice and all. Add the chicken broth, hot water and tomato paste. Stir to combine and bring the mixture to a boil. Reduce the heat to low. Add the drained beans. Next, mix together the cornmeal with 1/2 cup water. Add the mixture to the pot, and then simmer the soup for 10 to 15 minutes. Give it a taste and add salt or seasonings as needed ; be sure to under salt it!

Cut tortillas in uniform 2-3 in ch strips. Stir most of them into the soup just before serving. This is what makes tortilla soup! Turn off the heat and get ready to serve it up. Ladle the soup into a bowl and top with garnishes!

Yield: 12 servings