

MEXICAN-STYLE CHICKEN SOUP (SOPA DE POLLO)

INGREDIENTS

2 tablespoons olive oil
1 medium yellow onion, chopped
2 cloves garlic, finely chopped
6 cups chicken broth
1 (14-ounce) can of crushed tomatoes, undrained
1/2 cup canned or frozen corn
1 can black beans
1 jalapeño pepper, seeded and finely chopped
1 teaspoon ground cumin
1 teaspoon ground coriander
3 cups cooked chicken, diced or shredded (store-bought rotisserie chicken works great)
Salt and freshly ground black pepper to taste

to garnish

Fresh cilantro, chopped
Shredded cheddar cheese
Sour cream
Avocado, peeled, pitted, and diced
Tortilla chips
Fresh Limes (add a squeeze of lime juice)

DIRECTIONS

In a large pot or Dutch oven, heat the olive oil over medium heat. Add the chopped onion and sauté until they are softened, about 5-7 minutes. Add the crushed garlic, and cook for 1 minute or so, stirring frequently.

Pour in the chicken broth and crushed tomatoes (with their juices), the corn and the black beans. Stir in the minced jalapeño, ground cumin, and ground coriander. Bring the mixture to a boil, then reduce the heat and let it simmer for about 15 minutes to allow the flavors to meld.

Stir in the cooked chicken. Simmer for another 5 minutes until the chicken is heated through. Taste the soup and season with salt and freshly ground black pepper as needed. Ladle the soup into bowls. If desired add cilantro, shredded cheddar cheese, a dollop of sour cream, diced avocado, and a handful of tortilla chips for added crunch to the top of the soup.