

# Chicken Tortilla Soup

*serving size: 10*

## *ingredients:*

- 4 pounds chicken
- 8 cups diced fresh tomatoes
- 1 1/2 white onions
- 5 garlic cloves
- 1 dried pasilla-ancho chile pod
- 1 dried California chile pod
- 1 bay leaf
- 1 teaspoon dried oregano
- 1/2 bunch cilantro
- 1 bunch epazote (fresh herb)
- salt & pepper
- 2 tablespoons vegetable oil

## *garnish:*

- 1 bunch cilantro, chopped
- 2 avocado, cubed
- lime wedges
- sour cream and shredded cheese
- tortilla strips

## *directions:*

- Wash and re-hydrate dried chili peppers by soaking in water for 1 hour
- In a large pot, combine chicken, salt & pepper, and a bay leaf. Cover the contents with water (6 cups). Bring to a boil and then simmer.
- Remove chicken from the broth; save the broth. Shred the meat. Discard bones.
- Chop 1 onion, tomatoes, peppers, and 4 cloves garlic. Heat oil and saute for 5 minutes. Add oregano and salt and pepper to taste.
- Remove from heat and puree ingredients in a blender.
- Saute 1/2 onion and 1 clove garlic. Add chicken, broth, tomato puree, cilantro, and epazote. Season with salt & pepper to taste. Simmer until thoroughly heated.

Serve soup in large soup bowls. Top with garnishes.

Recipe from the Outside the Bowl Tijuana Super Kitchen.  
Additional recipes at [outsidethebowl.org/supper](http://outsidethebowl.org/supper).