

Good food can help your child succeed in school. Enjoy this simple, low-cost recipe!
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CHICKEN TORTILLA SOUP

Ingredients:

1 medium yellow onion	1 tbsp oil	1 tsp Chili powder
¼ cup cilantro	1 tbsp tomato paste	1 tbsp Adobo
4 cups chicken stock	3 tsp minced garlic	Corn tortillas
2 cups of diced/shredded chicken	¼ tsp Cayenne Pepper	Garnish of your choosing (cheese, sour cream, etc)
	1 tsp Paprika	

Instructions:

Prepare chicken: You have several options, you can buy a rotisserie chicken or use leftovers, simply remove bones and shred! Alternatively, you can bake chicken breasts with a light coat of oil, salt and pepper at 350 degrees for 35 minutes. Shred or dice chicken, enough for 2 cups.

Sauté onions in a small amount of oil in the same pot that you will use for the soup.

Take all ingredients, except tortillas and garnish, and add them to the onions. Stir. Heat this mixture at a medium heat and then simmer once it reaches a boil - stirring occasionally - for 20-30 minutes.

Prepare corn tortillas that will garnish the soup by heating a light coat of oil in a fry pan and placing the tortilla in the pan for one minute (until crispy). Slice the cooked tortilla into strips

Ladle the soup into bowls, garnish with tortilla slices and avocado, etc. and ENJOY!



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