

Chicken Tortilla Soup

Rachael Ray
Ziploc Brands

Servings: 4

3 cups chicken stock
1 pound chicken tenders
1 bay leaf (fresh, if available)
1 tablespoon extra-virgin olive oil, one turn of the pan
4 slices thick, smoky center-cut bacon, chopped
1 onion, finely chopped
4 cloves garlic, chopped
2 chipotles in adobo, chopped
2 tablespoons adobo sauce
1 can (28 ounce) crushed fire-roasted tomatoes
salt
4 cups corn tortilla chips, lightly crushed
2 cups fresh smoked mozzarella OR smoked sharp white cheddar, shredded
1 lime, cut into wedges
1/2 red onion, chopped
freshly chopped cilantro leaves (for garnish)

Preparation Time: 10 minutes

Cook Time: 20 minutes

Bring the broth to a simmer and add the chicken tenders. Poach 6 to 7 minutes with a bay leaf.

While the chicken poaches, heat the extra-virgin oil in a medium soup pot or deep skillet over medium-high heat. Add the bacon and cook until crisp. Remove with a slotted spoon. Drain off the excess fat leaving two to three tablespoons in the pan.

Add the onions and garlic to the skillet and cook for 5 minutes. Stir in the chipotles and tomatoes.

Remove the chicken from the stock. Dice and then add to the soup. Pass the stock through a strainer and then add to the soup.

Place a pile of crushed tortilla chips in the bottom of each soup bowl. Cover liberally with smoked cheese, then ladle the hot soup down over the top.

Serve with the lime, raw red onions and cilantro at the table to finish the soup.

Start to Finish Time: 30 minutes

Per Serving (excluding unknown items): 244 Calories; 8g Fat (32.8% calories from fat); 27g Protein; 11g Carbohydrate; 1g Dietary Fiber; 56mg Cholesterol; 1904mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 0 Fruit; 1 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	244
% Calories from Fat:	32.8%
% Calories from Carbohydrates:	19.3%
% Calories from Protein:	47.9%
Total Fat (g):	8g
Saturated Fat (g):	1g
Monounsaturated Fat (g):	3g
Polyunsaturated Fat (g):	trace
Cholesterol (mg):	56mg
Carbohydrate (g):	11g
Dietary Fiber (g):	1g
Protein (g):	27g
Sodium (mg):	1904mg
Potassium (mg):	168mg
Calcium (mg):	22mg
Iron (mg):	1mg
Zinc (mg):	trace
Vitamin C (mg):	9mg
Vitamin A (i.u.):	2IU
Vitamin A (r.e.):	0RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.8mg
Riboflavin B2 (mg):	.1mg
Folacin (mcg):	12mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Refuse:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	1 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 4

Amount Per Serving

Calories	244	Calories from Fat: 80
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% Daily Values*

Total Fat	8g	13%
Saturated Fat	1g	5%
Cholesterol	56mg	19%
Sodium	1904mg	79%
Total Carbohydrates	11g	4%
Dietary Fiber	1g	6%
Protein	27g	

Vitamin A	0%
Vitamin C	15%
Calcium	2%
Iron	8%

* Percent Daily Values are based on a 2000 calorie diet.