

Mean Green Chicken Tortilla Stoup

Rachael Ray

30 Minute Meals

Servings: 4

2 tablespoons extra virgin olive oil
12 (about 1 pound) tomatillos, peeled, rinsed and chopped
1 zucchini, chopped
1 large onion, chopped
2 jalapeno chile peppers, seeded and finely chopped
4 cloves garlic, chopped
1 1/2 teaspoons ground cumin
salt
pepper
1 bottle (12 oz) Mexican beer
1 container (32 oz) chicken stock
6 sprigs fresh thyme
3/4 pound chicken cutlets, sliced into 2-inch strips
1 bag (8 oz) tortilla chips
2 cups cotija or Monterey Jack cheese, freshly grated
1 lime, cut into wedges
4 scallions, finely chopped
2 tablespoons cilantro, chopped

In a large soup pot, heat the olive oil, swirl two turns of the pan, over medium-high heat.

Add the tomatillos, zucchini, onion, jalapenos and garlic. Season with the cumin, salt and pepper. Cook until the onion is softened and the tomatillos become saucelike, about 7 to 8 minutes.

Add the beer and cook over high heat until reduced by half, about 5 minutes.

Add the chicken stock and thyme. Cover and bring to a boil.

Stir in the chicken and cook at a low boil for about 6 minutes. Discard the thyme stems (the leaves will have fallen into the stoup).

Season with salt and pepper.

Crush a handful of tortilla chips into 4 bowls and sprinkle with the cheese.

Ladle the chicken stoup on top.

Squeeze the juice of a lime wedge into each bowl and top with the scallions and cilantro.

Per Serving (excluding unknown items): 174 Calories; 10g Fat (49.3% calories from fat); 4g Protein; 20g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 584mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 2 Vegetable; 0 Fruit; 2 Fat.