

Treasure Barrel

Easy Chicken Tortilla Soup

10 min Prep time	**30 min** Cook time	**40 min** Total time
8 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

Soup Base

- [ ] 2 tbsp olive oil
- [ ] 1 medium onion, diced
- [ ] 2 cloves garlic, minced
- [ ] 1 red bell pepper, diced
- [ ] 1 green bell pepper, diced
- [ ] 1 jalapeño pepper, seeded and minced
- [ ] 2 tbsp chili powder
- [ ] 1 tsp ground cumin
- [ ] 1 tsp smoked paprika
- [ ] ½ tsp cayenne pepper
- [ ] 1 (28 oz) can diced tomatoes (with juice)
- [ ] 1 (15 oz) can black beans, drained and rinsed
- [ ] 1 cup frozen corn kernels
- [ ] 4 cups low-sodium chicken broth
- [ ] 1 tsp sea salt

Protein

- [ ] 2 boneless, skin-less chicken breasts
- [ ] 4 cups shredded cooked chicken

Tortilla Strips

- [ ] 2 tortillas, cut into 1-inch strips
- [ ] 2 tbsp vegetable oil (for frying tortilla strips)

Finishing Touches

- [ ] 1 tbsp fresh lime juice
- [ ] ½ cup shredded cheddar cheese (optional)
- [ ] ¼ cup chopped fresh cilantro (optional)
- [ ] Lime wedges, for serving
- [ ] Sour cream, for serving

Instructions

1. Start by heating 2 tbsp olive oil in your large pot over medium heat. Just wait until it's shimmering—that's how you know it's ready.
2. Toss in your diced onion and let them sauté for about 3–4 minutes. You're looking for them to get nice and translucent.
3. Now, stir in the minced garlic, those diced red and green bell peppers, and the minced jalapeño. Give them another 2 minutes to soften up.
4. It's time for the flavor. Stir in the chili powder, cumin, smoked paprika, cayenne pepper, and sea salt. Cook for just 1 minute; honestly, the smell is the best part.
5. Pour in the diced tomatoes (keep those juices!), the black beans, frozen corn, and chicken broth. Bring the whole thing to a gentle simmer.

6. Add the shredded cooked chicken and the raw chicken breasts. Turn the heat down to low and let it simmer for 15 minutes. You want those fresh breasts cooked through.

7. While the soup is doing its thing, heat 2 tbsp vegetable oil in a skillet over medium-high. Fry those tortilla strips for 2–3 minutes, turning them occasionally until they're golden and crisp. Drain them on a paper towel.

8. Turn off the heat now. Stir in the fresh lime juice and, well, just taste it—adjust your seasoning if it feels like it needs a little something more.

9. Spoon the soup into your favorite bowls. Top each one with a handful of those crispy tortilla strips, shredded cheddar cheese, chopped cilantro, a lime wedge, and a dollop of sour cream.

10. Serve it up immediately. Wow, those smoky flavors are just wonderful!

Nutrition per serving

320 kcal	28 g	22 g	14 g
Calories	Protein	Carbs	Fat

Tips & notes

- The fresh chicken breasts cook right in the broth, making them tender.
- Keeping the tomato juice adds a wonderful richness to the base.
- Tortilla strips are best fried fresh for that perfect crunch.