

Mexican Chicken Soup by Lynn's Recipes



Lynn demonstrates how to make Mexican Chicken Soup. This is a Barefoot Contessa recipe. Great for this time of year when the weather is turning colder. Great served with cornbread. A great lunch or dinner.

Ingredients:

- 4 split (2 whole) chicken breasts, bone in, skin on
- Olive Oil
- Salt
- Pepper
- 1 cup celery, chopped (2 stalks)
- 2 cups chopped carrots (4 carrots)
- 4 large cloves garlic, chopped
- 2-1/2 quarts chicken stock
- 1 (28 ounce) can whole tomatoes in puree, crushed
- 2 -- 4 jalapeno peppers, seeded and minced
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander seed
- 1/4-1/2 cup chopped fresh cilantro leaves, optional
- 6 (6 inch) corn tortillas

Garnishes, if desired -- sliced avocado, sour cream, grated Cheddar cheese, tortilla chips

Preheat oven to 350°.

Place chicken breasts skin side up on a sheet pan. Rub with olive oil, sprinkle with salt and

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pepper, and roast for 35-40 minutes until done. When the chicken is cool enough to handle, discard the skin and bones and shred the meat. Cover and set aside.

Meanwhile, heat 3 Tablespoons olive oil in a large pot or Dutch oven. Add the onions, celery, and carrots and cook over medium-low heat for 10 minutes, or until the onions start to brown. Add the garlic and cook for 30 seconds. Add the chicken stock, tomatoes with their puree, jalapenos, cumin, coriander, 1 Tablespoon salt, 1 teaspoon pepper and the cilantro, if using. Cut the tortillas in 1/2 , then cut them crosswise into 1/2 inch strips and add to the soup. Bring the soup to a boil, then lower the heat and simmer for 25 minutes. Add the shredded chicken and season to taste. Serve the soup hot topped with sliced avocado, a dollop of sour cream, grated Cheddar cheese, and broken tortilla chips.

[Link to Le Cueset Dutch Oven](#)

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