

# CHICKEN TORTILLA SOUP

THE ONLY TACO BOWL YOU'LL FIND IN  
MEXICO!



SEPTEMBER 2018 • RECIPE CARD 14 • SERIES 1

Sabor  
A BAJA

BROUGHT TO YOU BY  
ABRIL ECHAVARRIA



## A DELICIOUS AZTEC HERITAGE!

Mexican Cuisine depends deeply on this flat, pre-hispanic bread, better known to the world as Tortilla. Although Flour Tortillas came along with the Spanish Conquest, they're better known to the northern States, such as Sinaloa, Sonora, and Baja California. However, Corn Tortillas, on the other hand, are used everywhere, including most of its derivations, such as Tostadas, Sopos, Gorditas, Tortilla Chips, to name a few. The use of corn tortillas in the Mexican diet goes back to Aztec times. No wonder why this particular dish is also known as Aztec Soup! Moreover, like all things Aztec, might be simple to the eye but brings richness to the soul!

*April.*



## INGREDIENTS

- 1 dried pasilla chile (deveined)
- 1 dried chipotle chile (deveined)
- 4 dried ancho chiles (deveined)
- 4 dried arbol chiles (deveined)
- 1 onion
- 2 garlic cloves
- 2 boneless chicken breasts
- 2 whole bay leaves
- 2 Tbs of Salt
- 1 pinch of dried or fresh oregano
- 2 cups of vegetable oil
- 6 corn tortillas cut in thin slices

To serve:

- Chopped onion
- Chopped cilantro
- Avocado cut in small squares
- Queso fresco cut in small squares



## DIRECTIONS

In a two qt saucepan, bring water to a boil. Bring in the chiles, 1/4 of the onion, and one garlic clove. Cook in high heat, until all ingredients tender, Turn off your stove and drain out liquid with the help of a strainer. Use an immersion blender to puree the remaining ingredients. Reserve.

Fill half of a stockpot with water, add the chicken breasts, 1/4 onion, the remaining garlic clove, and the bay leaves. Cook in medium heat until the chicken is well done. Remove Chicken and rest of ingredients from the pot. Strain the broth into a smaller container and reserve.

Chop 1/4 of the onion and cook in four Tbs of oil for five minutes in your stockpot, at medium-high temperature. Add the chile puree and cook for another five minutes, stirring occasionally. Then, bring in the reserved chicken broth, and the salt. Lower the flame and simmer for 15 minutes.

Meanwhile, shred the chicken breasts. In a 2qt saucepan, heat the remaining oil and cook the tortilla slices until browned. Finally, let them rest for a few minutes in a paper towel.

Once your soup is ready, turn the heat off, sprinkle the oregano and add the chicken in. Cover up and let sit for 5 minutes before serving.



**ABUELITA'S TIP  
OF THE DAY:**

**To serve, add some scoops of the soup in a bowl, then a handful of tortilla strips, stir around with a spoon. Then, garnish with some queso fresco, cilantro, chopped onion, and avocado. Now get ready to enjoy!**