

Sopa De Tortilla



From the Sensenig's Recipe Book

Ingredients

2 dried mild to medium dried chiles (I use new mexico, can also use quajilo)
2 tablespoons vegetable oil
1 white onion, thinly sliced
2 tablespoons minced garlic
2 jalapenos, finely diced
½ red pepper cut into thin strips
2 32 oz containers low-sodium chicken broth
1 (14.5-ounce) can fire roasted diced tomatoes
1 cup frozen corn kermels
1 4oz can chopped green chile peppers
1 large chicken breast with skin and bone
Lime wedges for garnish
Salt and freshly ground black pepper
1 cup roughly chopped fresh cilantro leaves
1 (8-inch) flour tortilla, grilled, cut into thin strips
1 avocado, pitted, sliced
1 cup shredded Monterrey cheese

Preparation

Place a dry skillet over medium heat, Add the dried chiles and toast for 2 to 3 minutes, pressing them into the pan and turning occasionally with tongs to prevent burning until the skins begin to brown and the chiles become soft and flexible and gives off their spicy aroma. While the chiles are still hot, remove the stems and seeds and submerge in a bowl of hot water for 30 minutes to rehydrate. Drain the chiles and transfer to a blender. Add the warm water and puree until smooth. Leave the puree in the blender.

In a large saucepan heat the vegetable oil. Add the onions and cook for 2 minutes. Once the onions have softened add the jalepenos and red pepper and cook for another few minutes, add the garlic and cook one minute. Put about 1/3 of the sautéed vegetable and 1/3 of the can of roasted tomatoes into the blender and blend with the chiles mixture. Pour the chicken broth, tomatoes, and corn into the pot and bring to a boil. Once at a boil lower heat to simmer and add your chicken breasts. Cook the chicken for 20 to 25 minutes. Once chicken is cooked remove from pot. When cool enough to handle debone and shred it and set it aside. Add the chile mixture from the blender and a little lime juice and fresh cilantro to the pot. A few minutes before serving add the chicken to the broth.

Ladle the soup into bowls and serve with a lime wedge, grilled tortilla strips, avocado slices and cheese.

Notes:

You can also add a can of rinsed and drained black beans. A dried ancho chile added to the other dried chiles also adds a good smoky flavor

Source:

Modified from a Dona Tomas recipe