

## Avocado Tortilla Soup

### Ingredients

1 pint water

1 cube low sodium chicken bouillon

2 corn tortillas

1 ¼ teaspoon olive oil

3 ¼ ounces-weight yellow onion diced

1 garlic clove chopped

4 ½ ounces-weight plum tomatoes

1 ¼ ounces-weight green pepper chili diced

1 ⅝ ounces-volume chili powder

⅝ teaspoon oregano dried

3 ⅝ ounces-volume fresh cilantro

1 avocado cut into chunks



Makes 4, 6 ounce servings

Prep time: 10 minutes

Cook time: 40-50 minutes

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### Preparation

Melt chicken bouillon in 1 pint of water, set aside. Cut tortillas into ¼” strips, then into thirds. Place tortilla strips on baking sheets. Bake at 350 degrees F (300 degrees F convection oven) in oven for 3 – 5 minutes or until lightly browned. In a large soup kettle, sauté onions and garlic in olive oil until lightly browned. Add tomatoes, chilies, chili powder, and oregano. Cook for 5 minutes or until tomatoes begin to soften. Add broth and simmer for 30 – 40 minutes. Strain vegetables from soup and blend in food processor or blender until smooth. Stir back into soup. Simmer to heat through. Top each serving with 6 tortilla strips, cilantro and avocado.

*Recipe: Sodexo*