

Turkey Tortilla Soup

Source: Source: a compilation of several recipes

Alternate Source: Internet Address:

Carolyn T's
Cookbook

Servings: 12

For the Soup:

3 tablespoons vegetable oil, or olive oil

2 cups onions, diced

2 cups celery, diced

2 cups frozen corn, Trader Joe's "roasted"

6 cloves garlic, minced

8 cups chicken broth, or turkey broth

29 ounces canned tomatoes, diced

2 large chiles, Guajillo or ancho, dried,
broken up (remove seeds if desired)

1 whole chile, Jalapeno, seeded, diced
(optional)

4 cups turkey, diced or shredded

Garnishes:

1 1/2 cups Monterey Jack cheese, shredded

2 whole limes, cut in wedges

2 whole avocados, ripe, diced

1 cup fresh cilantro, chopped

3 cups tortilla chips

Categories: Holiday, Soups

Carolyn T's Blog:

<http://tastingspoons.blogspot.com>

*Per Serving (excluding unknown items): 619 Calories;
35g Fat (48.9% calories from fat); 27g Protein; 55g
Carbohydrate; 7g Dietary Fiber; 55mg Cholesterol;
1063mg Sodium. Exchanges: 3 Grain(Starch); 2 1/2
Lean Meat; 1 1/2 Vegetable; 0 Fruit; 5 1/2 Fat.*

1. Dice up the onions, celery and garlic. Heat the oil in a large stockpot and saute the onions for about 3-5 minutes, then add celery. Continue cooking for about 5 minutes, then add garlic and stir frequently for about 1 minute.

2. Add the turkey or chicken broth, canned tomatoes with their juice and the dried chiles. Bring to a boil and simmer for about 15 minutes, then add the roasted corn. Simmer for 5 minutes, remove from heat and allow to cool. If possible make this one day ahead to this point.

3. Reheat soup. Meanwhile, chop up all the garnishes. You may either serve the garnishes on the side and allow people to add what ones they prefer, on top, or you may put the desired garnishes in the bowl first, then pour hot soup on top. Sprinkle with tortilla chips (crushed in your hands first) on top with a little bit of cilantro.