

# Chicken Tortilla Soup



## Ingredients:

2 Tsp vegetable oil  
1 medium yellow onion, diced  
4 cloves garlic, minced  
1 Tsp ground cumin  
64 ounces vegetable broth  
1- 28oz can crushed tomatoes  
1- 11oz can stewed tomatoes, roughly torn into pieces  
2- 11oz of whole kernel corn  
1- 15 oz can black beans  
2- 7oz can chopped green chilies, drained (optional for spicy)  
Salt and Pepper  
Onion powder  
Garlic powder

## Instructions:

1. Heat oil in pan. Add and sauté green pepper, onion, garlic, and cumin.
2. In a large pot, combine sautéed vegetables, vegetable broth, crushed tomatoes, stewed tomatoes, corn, black beans, chilies, and seasonings. Bring to a boil, lower heat, and simmer for 30 to 45 minutes.
3. Serve and top with avocado and tortilla chips
4. I prefer to squeeze a wedge of lime into my bowl and sprinkle with "cheese".
5. Notes: Some people have told me that they find this pretty spicy, but others think it's just right. Adjust the green chilies to your preference.