

# Chicken Avocado Soup

This soup is easy, fresh and delicious! Made with tender chicken, creamy avocado and bright lime juice. Top with tortilla chips, cheese and sour cream and cozy up with a big warm bowl of comfort food. Makes about 11.5 cups (with avocado added to soup).

Servings: 6 servings

Prep

15 minutes

Cook

20 minutes

Ready in: 35 minutes

Ingredients

1 1/2 lbs boneless skinless chicken breasts,\* or 3 cups shredded rotisserie chicken

1 Tbsp olive oil

1 1/4 cups chopped green onions (including whites, mince the whites)

2 jalapeños, seeded and minced\*\*

3 cloves garlic, minced

4 (14.5 oz) cans low-sodium chicken broth\*\*\*

2 Roma tomatoes,\*\*\*\* seeded and diced

1/2 tsp ground cumin

Salt and freshly ground black pepper

1/3 cup chopped cilantro

3 Tbsp fresh lime juice

3 medium avocados , peeled, cored and diced

Tortilla chips , monterrey jack cheese, sour cream for serving (optional)

Instructions

In a large pot heat 1 Tbsp olive oil over medium heat. Once hot, add green onions and jalapenos and saute until tender, about 2 minutes, adding garlic during last 30 seconds of sauteing.

Add chicken broth, tomatoes, cumin, season with salt and pepper to taste and add chicken breasts if using (otherwise wait to add rotisserie chicken until the end). Bring mixture to a boil over medium-high heat.

Then reduce heat to medium, cover with lid and allow to cook, stirring occasionally, until chicken has cooked through 10 - 15 minutes (cook time will vary based on thickness of chicken breasts).

Reduce burner to warm heat, remove chicken from pan and let rest on a cutting board 5 minutes, then shred chicken and return to soup. Stir in cilantro and lime juice, and rotisserie chicken now if using.

Add avocados to soup just before serving (if you don't plan on serving the soup right away, I would recommend adding the avocados to each bowl individually, about 1/2 an avocado per serving). Serve with tortilla chips, cheese and sour cream if desired.

Notes

\*For thicker chicken breasts, cut breasts in half through the length (thickness) of the breasts, they will cook faster and more evenly.

\*\*You can leave seeds if you want soup spicy, replace jalapeños with 1/2 cup chopped bell pepper if you don't like heat.

\*\*\*For a less brothy soup you can reduce to 3 cans chicken broth if desired.

\*\*\*\*1 (14.5 oz) can canned tomatoes (regular, petite cut, or fire roasted may be used) in place of fresh tomatoes.

- Brittany Morgan Sell

