

CHICKEN TORTILLA SOUP WITH HOMEMADE CHICKEN STOCK

Chicken quarters are an economical choice AND the skin and bones bring a TON of flavor to the party. Make use of these bone-in, skin-on chicken pieces by doing double-duty: create a quick, flavorful broth & poach the meat for a tender shredded chicken. Use this method to make broth and shredded chicken for all sorts of soups, stews, and dishes including this Mexican inspired Chicken Tortilla.



Ingredients

- 1 avocado
- 1/2 bunch cilantro
- 1 lime
- 1 onion
- 4 chicken quarters
- 1 can black beans
- 1 can diced tomatoes
- 2/3 c frozen corn
- 2 tbsp taco seasoning
- 2/3 c cheddar cheese

From your pantry

- 2 cloves garlic or 2 tsp granulated garlic
- olive oil
- salt & pepper

Equipment:

- Large pot

PREPARATION: 10 MIN

COOKING: 60 MIN

READY IN: 70 MIN

MAKES 6 SERVINGS

Directions

Read through entire recipe before getting started.

Wash and dry all produce.

Mince or grate **garlic**. Small dice **onion**. Remove **black beans** from can and strain. Grate **cheddar cheese**. Cut **lime** into wedges. Tear **cilantro** leaves and tender stems.

2. Heat 1 tbsp oil in a large pot over medium-high. Add half of the onion and sauté 1-2 min. Add **chicken quarters**, 8 cups of water and a dash of salt and pepper. Cover and bring to a boil. Remove lid, reduce heat and simmer for 30-45 min chicken is fully cooked and broth has reduced some.

3. Remove chicken from broth using tongs and set on a plate. Allow a few minutes to cool and pull using two forks or your hands to shred the meat off of the bones. Set meat aside and discard bones. Place broth in a bowl so you can reuse the pot. Do not clean pot.

4. Add 1 tbsp oil to previously used pot over medium-high heat. Add remaining **onion**. Cook 2-3 min until softened. Add **garlic** and **taco seasoning**. Sauté 1-2 min until very fragrant. Add **beans, corn, and diced tomatoes**. Sauté another minute or two. Add **chicken broth and pulled chicken** and mix to incorporate. Bring to a simmer and cook for 10-20 min until the flavors have developed. Season to taste.

5. Dice **avocado**. Divide tortilla soup between bowls. Top with cheddar cheese, cilantro and avocado. Serve with a squeeze of lime!

Tips, Tricks, and Terms

SAVE THOSE SCRAPS & RAMP UP THAT BROTH

Next time you're cooking dinner, try saving veggie scraps—think onion and garlic skins, carrot tops and peels, herb stems, etc to add to a broth! These parts contain all the yummy flavor of the vegetables themselves and will make your finished broth even more delicious! .

We recommend keeping a gallon size Ziplock bag in the freezer and adding vegetable peels and scraps as you cook. When the bag is full,, add to a stock pot with chicken (or not for vegetable stock), a couple bay leaves, a few peppercorns, and cover with water. Simmer for 45-60 minutes, strain, and use in soups, stews, or cooked grains!



A little about...

AVOCADO: stone fruit with a creamy texture and lots of health benefits! Avocados are rich in vitamins C, E, K, and B6 as well as omega-3 fatty acids! These healthy fats keep you full and satiated, helping slow digestion and stabilize blood sugar levels.

Mash an avocado to spread on toast or garnish tacos. Try pureed with coconut milk and honey for a fun dessert pudding!



Appetite For Change is a community led nonprofit that uses food as a tool to build health, wealth, and social change in North Minneapolis and beyond. Through youth-led programs, community cooking workshops, urban ag, and social enterprise work, we build community capacity to make our own change.

Visit afcmn.org to learn more and follow us @appetiteforchange



THANKS TO OUR
AMAZING GROUP OF
PARTNERS!

