



# Southwestern Chicken-and-Rice Soup with Tortilla Strips

## Ingredients

1 medium onion, chopped  
1 large carrot, peeled and chopped  
1/2 medium-sized red bell pepper, chopped  
1 Tbsp vegetable oil  
2 garlic cloves, minced  
2 cups shredded cooked chicken  
3/4 cup uncooked white rice\*  
2 medium plum tomatoes, chopped  
1 to 2 Tbsp chopped pickled jalapeno slices  
1 tsp. ground cumin  
1/4 tsp black pepper  
8 cups chicken broth  
1/4 cup loosely packed cilantro leaves, chopped  
Juice of 1 lime (about 2 Tbsp.)  
1 ripe avocado, chopped  
Tortilla strips (recipe on next page)

## Directions

Sauté first 3 ingredients in hot oil in a large Dutch oven over medium heat 7 minutes or until vegetables are tender. Add garlic; sauté 1 minute.

Stir in chicken and next 5 ingredients. Stir in chicken broth. Bring to a boil, reduce heat, and simmer 20 minutes or until rice is tender. Stir in cilantro and lime juice.

Serve with chopped avocado and tortilla strips.

**Servings: About 6 servings**

Source: *Southern Living 2006 Annual Recipes*



# Tortilla Strips



## Ingredients

6 6-inch corn tortillas

## Directions

Cut corn tortillas into strips; place on a baking sheet coated with vegetable cooking spray. Spray cooking spray over tops of strips.

Bake at 400 degrees for 10 to 15 minutes or until crisp, stirring occasionally.



Source: *Southern Living 2006 Annual Recipes*