

Mexican Chicken Soup

Oscar · 29/09/2024



Prep Time

1 hr 5 mins

Difficult

Medium

Servings

6

Description

Try this Mexicaninspired chicken soup if you are tired of plain old chicken soup Adding avocado is a must We also add some grated cheese and crushed tortilla chips

Ingredients

- - 1 ¼ pounds skinless
- boneless chicken breast halves - 2 tablespoons taco seasoning mix
- divided - 1 tablespoon vegetable oil - ½ cup chopped onions - ½ cup chopped celery - 2 teaspoons ground cumin - ¼ teaspoon ground black pepper - 3 (14 ounce) cans chicken broth - 1 cup water - 1 cup diced tomatoes - 1 tablespoon chopped fresh cilantro - 1 cup shredded Cheddar cheese - 1 cup crushed tortilla chips
- 1 avocado - peeled
- pitted and diced

Instructions

1. Preheat the oven to 350 degrees F (175 degrees C). Lay chicken breasts evenly onto a baking sheet. Sprinkle with 1 tablespoon taco seasoning mix. Bake chicken in the preheated oven until no longer pink in the center and the juices run clear
2. 30 to 35 minutes. An instant-read thermometer inserted into the center should read at least 165 degrees F (74 degrees C). Allow to cool enough to handle
3. then shred or cut into strips. While chicken is cooking
4. warm oil in a stockpot over medium-high heat. Cook and stir onions and celery in hot oil until onion has softened and turned translucent
5. about 5 minutes. Stir in chicken broth and water; bring to a boil. Add remaining 1 tablespoon taco seasoning mix
6. cumin
7. and black pepper. Reduce heat to medium and simmer until flavors blend
8. about 30 minutes. Add chicken
9. tomatoes
10. and cilantro; simmer for 5 minutes. Serve soup hot topped with cheese
11. tortilla chips
12. and avocado.