

Sopa de Tortilla Mexican Tortilla Soup

Oscar · 29/09/2024



Prep Time

1 hr 10 mins

Dificult

Medium

Servings

4

Description

Sopa de tortilla is a Mexican soup featuring corn tortilla strips served in a chicken broth seasoned with tomatoes and pasilla chiles. It's garnished with avocado, Mexican cheese, and crema.

Ingredients

- 1 vegetable oil
- or as needed - 12 (6 inch) corn tortillas
- cut into strips - 3 dried pasilla chile peppers
- seeded - 2 tomatoes
- seeded and chopped - ½ large onion
- chopped - 1 clove garlic - ¼ teaspoon dried oregano - 1 teaspoon vegetable oil - 4 cups water - 4 teaspoons chicken bouillon granules - 1 sprig fresh parsley - 1 avocado - peeled
- pitted
- and diced - ¾ cup diced cotija cheese - 2 tablespoons crema fresca (fresh cream) (Optional)

Instructions

1. Heat 1 cup oil in a large pan or wok over medium-high heat. Add tortilla strips in batches and fry until brown and crispy
2. 2 to 3 minutes per batch. Drain on paper towels. Fry pasilla chiles in the same pan until browned
3. about 2 minutes
4. being careful not to burn them. Drain on paper towels. Transfer one fried pasilla pepper to a blender. Add tomatoes
5. onion
6. garlic
7. and oregano; blend until smooth. Strain through a sieve into a bowl. Heat 1 teaspoon oil in a saucepan over medium heat. Add blended tomato mixture and cook for 2 minutes. Pour in water and bring to a boil. Stir in bouillon granules and parsley. Reduce the heat to low
8. cover
9. and simmer until flavors are well combined
10. about 15 minutes. Remove from the heat and discard parsley. Divide fried tortilla strips among four bowls. Ladle soup over tortilla strips and garnish with diced avocado and cotija cheese. Cut remaining fried pasilla peppers into thin strips and sprinkle over soup. Add a dollop crema to each bowl. Recipe Tip You can substitute ancho or cascabel chiles for dried pasilla chiles. If using cascabel chiles
11. triple the amount. Editor's Note: We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. Amount will vary depending on cooking time and temperature
12. ingredient density
13. and specific type of oil used.