Azteca Soup

Jacob · 30/09/2024



Prep Time

40 mins

Dificult

Medium

Servings

5

Description

This Azteca soup is a very popular Mexican soup It can be served with any other Mexicanstyle dish Buen provecho

Ingredients

— - 10 (6-inch) corn tortillas

— cut into 1/2-inch strips - 1 ½ cups vegetable oil for frying - salt to taste - 4 cups chicken broth - 1 cup fresh cilantro leaves - 2 large tomatoes - 1 large onion - 1 tablespoon chopped chipotle peppers in adobo sauce - 1 teaspoon salt

— or to taste - 2 avocados — peeled

— pitted

— and diced

Instructions

1. Heat oil in large skillet and carefully drop in half the tortilla strips. Fry in batches until golden brown and crunchy. Place fried tortilla strips on a paper towel-lined plate and pat dry. Sprinkle salt on tortillas
2. tossing to coat both sides. Using a blender or food processor
3. blend tomatoes
4. onion
5. and cilantro until completely puréed. In a saucepan
6. heat chicken broth
7. chipotle chili
8. and puréed vegetables. Bring to a boil; remove from heat. Ladle soup into serving bowls. Prior to serving
9. add tortilla strips and avocado. Editor's Note: We have determined the nutritional value of oil for frying based on a retention value of 10% after cooking. The exact amount will vary depending on cooking time and temperature
10. ingredient density
11. and the specific type of oil used. Tips Just before serving
12. add tortilla strips and avocado cubes
13. so the tortillas stay crunchy.