

## **Chicken Tortilla Soup**

- 2 tablespoons extra-virgin olive oil
- 3 medium white onions, diced
- 4 garlic cloves, minced
- 3 jalapenos, seeded and minced
- 3 ripe medium [tomatoes](#), chopped
- 2 quart [chicken stock](#), recipe follows
- Salt and freshly ground black pepper
- [Canola oil](#), for pan-frying
- 12 [corn tortillas](#), cut into 1/8-inch-thick strips
- 1 1/2 cups shredded cooked chicken
- 3 avocados, halved, pitted, peeled, and diced
- 2 cup shredded Jack Cheese
- 1 cup coarsely chopped fresh [cilantro](#) leaves, for garnish
- 2 [lime](#), cut in wedges, for serving

### **Directions**

Place a stockpot over medium heat and coat with 2 tablespoons of the olive oil. Add the onions, garlic, jalapenos, and tomatoes; cook, stirring for 15 minutes until the vegetables are cooked down and pulpy. Pour in the stock, season with salt and pepper, and [simmer](#) for 20 minutes.

Meanwhile, heat 1-inch of canola oil in a skillet over medium-high flame. When the oil begins to smoke, add the tortilla strips in batches and [fry](#) until they are [crisp](#) on all sides. Remove to a paper towel-lined platter and sprinkle with salt while they are still hot.

Ladle the hot [soup](#) into 4 soup bowls and put a pile of shredded chicken on top of each. Top with the diced [avocado](#) and fried tortilla strips (and cheese if using). [Garnish](#) with cilantro and serve with lime wedges.

### **Chicken Stock:**

- 1 whole [free-range](#) chicken (about 5 pounds), rinsed, giblets discarded
- 3 carrots, cut in large chunks
- 4 celery stalks, cut in large chunks
- 2 large white onions, quartered
- 1 head of garlic, halved
- 1 [turnip](#), halved
- 1/4 bunch fresh [thyme](#) leaves
- 2 bay leaves
- 1 teaspoon whole black peppercorns

Place the chicken and vegetables in a large stockpot over medium heat. Pour in only enough cold water to cover (about 3 quarts); too much will make the [broth](#) taste weak. Toss in the thyme, bay leaves, and peppercorns, and allow it to slowly come to a [boil](#). Lower the heat to medium-low and gently simmer for 1 to 1 1/2 hours, partially covered, until the chicken is done. As it cooks, [skim](#) any

impurities that rise to the surface; add a little more water if necessary to keep the chicken covered while simmering.

Carefully remove the chicken to a cutting board. When its cool enough to handle, discard the [skin](#) and bones; hand-shred the meat into a storage container.