

## Salt and Serenity

### Chicken Tortilla Soup

Recipe created by Foodland Ontario, reprinted in the Ottawa Citizen, September 13, 2012.

6 plum tomatoes or 3 large field tomatoes  
2 tbsp (25 mL) vegetable oil  
1 onion, diced  
1 sweet red pepper, diced  
1 jalapeno pepper, seeded and minced  
2 cloves garlic, minced  
1 tsp (5 mL) ground cumin  
1 tsp (5 mL) dried oregano  
½ - 1 tsp (5 mL) chili powder (I used chipotle chile powder, as I like the smoky quality it lends the soup)  
6 cups (1.5 L) sodium-reduced chicken broth  
2 cups (500 mL) diced or shredded cooked chicken  
1 cup (250 mL) fresh corn kernels (from 2 ears of corn), or 1 cup frozen corn kernels  
1 tbsp (25 mL) fresh lime juice  
Pinch granulated sugar  
1 1/2 teaspoons kosher salt  
½ teaspoon freshly ground black pepper

#### Garnish:

2 tbsp (25 mL) chopped fresh coriander  
Tortilla Corn Chips, lightly crushed

1. Bring a small pot of water to a boil. Using a paring knife, remove core of tomatoes. Cut a small X in the bottom of each tomato. Carefully lower tomatoes into the boiling water and cook for 1-2 minutes, until you notice the skin starting to separate from the flesh. Remove tomatoes from boiling water. Let cool slightly. Slip off skin and chop tomatoes into a ¼ inch dice.
2. In large saucepan, heat oil over medium heat; add onion and cook until softened, about 3 minutes. Add red and jalapeno peppers; cook for 5 minutes, stirring often. Stir in garlic, cumin, oregano and chili powder; cook for 2 minutes, stirring often.
3. Stir in tomatoes, sugar, salt, pepper and broth; bring to boil. Reduce heat, cover and simmer for 20 minutes.
4. Stir in chicken and corn; simmer, covered, until corn is tender, about 2 minutes.
5. Just before serving, stir in lime juice. Ladle into bowls and garnish with coriander and corn chips.

