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CHICKEN TORTILLA SOUP

Ingredients:

3-cloves garlic, chopped
1 onion, chopped
1 4-ounce can green chilies, chopped
3 tablespoons Olive Oil
1 16-ounce can stew tomatoes, chopped
1 10-ounce can Rotel tomatoes, chopped
6 cups of chicken stock or broth
4 cups of chicken meat - You can use canned Cooked Chicken or if you have time – cook a whole chicken in a big stock pot. De-bone and save the liquid.

1 tablespoon cumin
1 tablespoon chili powder
½ tablespoon salt
1 teaspoon pepper
1 tablespoon lemon pepper
¼ teaspoon Tabasco
2 teaspoons Worcestershire sauce

Optional:

6 corn tortillas, cut into strips

Optional Garnishes:

Monterey Jack cheese, shredded
Sour cream
Avocado, chopped
Tortilla chips

Instructions:

Simmer garlic, onion, and green chilies in oil in a large soup pot until onions are tender, about 3 minutes. Add remaining ingredients except seasonings and tortilla strips. Bring to boil. Add seasonings and simmer 1 hour. About 15 minutes before it is done, add the tortilla strips – if you want. Serve with a garnish of your choice.

This is going to make you a bunch of soup. A family of four can eat off this for about three days. If you don't already have a runny nose from the cold weather, this stuff will take care of that – keep the tissues nearby! Yummy stuff for sure!