

Jamie Askin

Health Coach and Personal Chef

Tortilla Lime Chicken Soup

This warming and flavor filled soup can be made with or without chicken.

Ingredients

- 1 lb chicken breast cut into small pieces and marinated overnight in
- ¼ cup lime juice, 2 Tbsp Olive oil and 1 tsp powdered garlic
- 2 tsp unrefined, virgin coconut oil or olive oil
- 1 small jalapeño pepper, seeded and minced*
- 1 yellow onion, diced
- 2–3 cloves garlic, minced
- 1 chopped green pepper
- 1 chopped red pepper
- 1/4 tsp ground cumin
- 1/2 cup fresh lime juice
- 2 tsp fresh lime zest
- 1 28ounce and 14.5 ounce can of chopped tomatoes
- 1–2 tsp fine-ground sea salt (season to your liking, start with 1 tsp and add more to taste)
- 32 ounces of chicken or no-chicken broth
- Fresh-ground black pepper to taste
- 1-2 corn tortillas cut into strips
- 2 Tbsp Coconut Oil
- 1/4 cup fresh cilantro leaves, chopped

Instructions

- Marinate chicken cubes in lime juice and olive oil overnight or several hours.
- Mince Garlic, chop onions and jalapeno (remove seeds for less heat)
- Add coconut or olive oil to soup pot and saute garlic and jalapeno
- Add in chopped peppers and chopped tomatoes and broth.
- Warm to a low simmer and add chicken cubes
- While chicken is cooking in the broth, warm the 2 Tbsp of coconut oil in a pan and crisp the tortilla strips and drain excess oil on a paper towel
- When chicken is cooked through, add in fresh lime juice and lime zest and salt and pepper to taste
- Top with the chopped cilantro and tortilla strips and serve!