

Chicken Tortilla Soup from the Kitchen Tour (serves 4)

4 ears of corn, grilled/roasted on the barbecue in their husks or use frozen

2 tbsp. Canola or Olive oil

1 red bell pepper diced

1 lb. of chicken breast (we used the crock pot) shredded (save the broth)

1 zucchini diced

1 onion diced

2 or more garlic cloves chopped

1-2 peppers (depending on your taste and heat tolerance) diced (or leave them out)

1 can of small cut canned tomatoes 28 oz.

1 can of tomato sauce 8 oz.

2 or more tsp. of cumin

2 qts. Of low sodium chicken broth

Salt and pepper to taste

Directions: Start the chicken several hours early so it will be nicely shreddable. Grill the corn on the barbecue in the husks for 20-25 minutes. We did not oil or soak them. Let them cool and then cut the stalk end off and peel the husks from the silk end. Ours came off very easily. Cut the corn from the cob and set aside in a bowl.

Drizzle the oil in a pot and cook the onion, garlic, peppers, corn and the zucchini until tender. Add the shredded chicken, tomatoes, sauce, cumin, peppers(?) (or not) all of the chicken broth (including from the crock pot) and simmer for 30 minutes.

Serve immediately with assorted garnishes: tortilla chips, sour cream, cilantro, lime, queso fresco, shredded cheddar...etc.