

# Chicken Poblano Tortilla Soup

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Recipe source: [Cooking Light](#)



## INGREDIENTS:

- 2 tablespoons olive oil
- 1 1/2 cups chopped yellow onion
- 1 cup chopped carrot
- 1 poblano pepper, finely chopped
- 4 cups unsalted chicken stock (such as Swanson)
- 3/4 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 (14.5-oz.) can unsalted diced tomatoes, undrained
- 4 ounces tortilla chips, divided
- 1/2 cup chopped fresh cilantro

*Note: We have a cilantro hater in the house and substituted Mexican oregano and parsley for the cilantro. Still delicious!*

- 6 ounces shredded skinless, boneless rotisserie chicken breast
- 6 ounces shredded skinless, boneless rotisserie chicken thigh

*Note: Use home-cooked turkey or chicken if you prefer.*

- 1 avocado, diced
- 6 lime wedges
- Cilantro sprigs (optional)

## DIRECTIONS:

- Heat a Dutch oven over medium-high heat. Add oil to pan; swirl to coat.

- Add onion, carrot, and poblano; sauté 8 minutes.
- Add stock, salt, black pepper, and tomatoes; bring to a boil over high heat.
- Finely crush half of tortilla chips; add to stock mixture. Cover, reduce heat, and simmer until carrot is tender, about 8 minutes.
- Stir in cilantro and chicken.
- Ladle about 1 1/3 cups soup into each of 6 bowls.
- Divide avocado among bowls.
- Coarsely crush remaining tortilla chips and divide among bowls; serve with lime wedges and cilantro sprigs, if desired.