## Quick Chicken Tortilla Soup

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Ingredients (1 big or 2 small servings):

2 oz chicken, chopped

½ tsp cumin

½ tsp garlic powder

1/4 tsp hot pepper flakes

salt and pepper

½ cup chopped onions

½ cup chopped celery

1 cup crushed tomatoes

1 tbsp chopped cilantro

juice of half a lime

salt to taste

2 tbsp tomato paste

½ chipotle pepper in adobo, chopped

½ cup chicken broth

1 tbsp corn meal

corn chips

optional: ½ cup black beans

- 1. Season chicken with cumin, garlic powder, hot pepper flakes, salt, and pepper. Cook in a small pan over medium heat until biggest piece is cooked through. Set aside.
- 2. Chop onions and celery, then saute in a small or medium saucepan over low heat to soften them, about 5 minutes.
- 3. Add tomatoes, tomato paste, chipotle peppers, and the chicken from Step 1 into the pot with the onions and celery. Pour in broth and optional beans and bring it to a boil.
- 4. Once soup reaches boil, add corn meal and bring down to medium-low heat and simmer for 5 minutes, or until soup as thickened.

Serve hot with crushed corn chips on top.