



### **“South of the Border” Chicken Soup**

This Mexican soup, piled high with vegetables and fresh avocado, tempted me to go into my own kitchen in an effort to recreate this treasured recipe. Sara Kate Gillingham’s recipe printed in the Chicago Tribune shared the heart-warming story of a mother who often made the soup that would then be passed down as a favorite. She encouraged others to try it and made it their own by adding their own favorite vegetables.

I can happily say that we just loved this lightly spiced soup that warmed us on this wintry day. So I echo her words – Try it and make it your own. Enjoy!

**Serves:** about 4

- 1 (12 oz.) sweet potato, peeled, cut into bite size chunks
- 2 Tablespoons vegetable oil
- 1 large sweet onion, peeled, chopped
- 5 cloves garlic, minced

1 (32 oz.) container chicken broth  
1 (15.25 oz.) can Southwest corn with pablano and red peppers, drained  
1 (14.5 oz.) can herb seasoned diced tomatoes  
1 teaspoon cumin  
3 Tablespoons fresh lime juice  
1 cups shredded cooked chicken  
1/3 cup coarse chopped cilantro

**Toppings:**

1 to 2 Tablespoons vegetable oil  
4 corn tortilla, cut in half, then in 1/4 inch strips  
1/2 cup shredded pepper jack cheese  
1 large avocado, peeled, pitted, sliced  
Additional cilantro sprigs for garnish

Place sweet potato chunks in a medium sized saucepan; cover with water; bring to a boil; cover; reduce heat to medium low; cook until tender. Drain off water; set cooked sweet potato chunks aside.

In a large stock pot over medium heat, warm cook; add onion; sauté until softened; add garlic; sauté 1 minute. Add chicken broth, drained corn, diced tomatoes, cumin and lime juice. Bring to a boil; reduce heat; cooking about 10 minutes.

Add potato chunks, chicken, and cilantro; continue cooking until hot; reduce heat to simmer; cook for 5 to 10 minutes.

Meanwhile, place oil in nonstick skillet over medium high heat, add half of the tortilla strips; cook until lightly brown and crisp, stirring often about 5 minutes. Remove to plate; sprinkle lightly with salt as desired. Cook any remaining tortilla strips.

**To serve:** Ladle soup into bowls; top as desired with shredded cheese, tortyilla stips, avocado, and additional cilantro leaves.

**\*Cook's note** – this soup is so delicious and easy to make. Buying one of the supermarket rotisserie chickens makes it a so simple to make, and you will have half of the chicken leftover for another meal.

