



Chicken Tortilla Soup

Prep **15 mins**; Total **6.5 hours**; Cook, Enjoy, Clean **7 hours**

A robust and spicy soup that's quick and simple to make. Simply throw the ingredients into a stock pot or slow cooker and let it go. You don't even have to defrost the chicken! Come back in a few hours, shred the chicken and you'll have a delicious soup that's full of lean protein and flavor. Serve with pico de gallo, cheese, avocado, crushed chips, cooked tortilla strips or even a dollop of refried beans and you'll have a hearty meal that only gets better each time you serve it. The recipe below is for the basic soup only. Mix and match the above items to make a tasty, filling meal that hits your calorie and macronutrient targets every time.

48 oz. boneless, skinless chicken breast, trimmed of all fat.
(I prefer an antibiotic -free, vegetarian-diet type.)
32 fl. oz. low sodium chicken stock
2-³/₄ c. frozen sweet corn
1 can original Rotel peppers
250 g yellow onion, diced
8 fl. oz. tomato puree
4 cloves garlic, chopped
2 tsp. ground cumin
1/2 tsp. cayenne pepper
1 bay leaf
salt & pepper, to taste

1. Combine everything in a stock pot or slow cooker. (If the chicken breasts are frozen there's no need to defrost.)
2. Cook for at least 6 hours or until the chicken breasts are tender enough to fall apart or easily pull apart.
3. When ready, shred the chicken & allow the soup to cook another 30 minutes.

4. If necessary, add water to adjust the consistency to suit your preference.
5. Remove from the stove and weigh per the instructions below.
6. Enjoy!

Serves 8; Calories 252; Fat 2.1 g; Protein 38.2 g; Carbs 18.7 g

To determine how much each serving weighs, pour the soup into a heatproof storage dish on the scale. Divide the weight on the scale by 8. This will be the amount to weigh out for each whole serving.

You can use any multiple of servings in order to hit your calorie and macronutrient targets. Simply enter the calorie and macronutrient totals for the recipe into your tracking app and adjust the servings by fractions as needed. Multiply or divide the weight per whole serving calculated above by the number of servings in your tracking app to determine how much to serve.

*Example: Finished pot of soup weighs 1,000 grams
 1,000 grams ÷ 8 servings = 125 grams per whole serving*

*You need 1-1/4 servings to hit your calorie and macro targets
 125 grams per serving x 1.25 servings = serve 156.25 grams*

