



INGREDIENTS:

2 Tablespoons Vegetable Oil
1 Small Onion, Diced
2 Tablespoons Minced Garlic
2 Jalapenos, Finely Diced
6 Cups Low-Sodium Chicken Broth
1 Cup Diced Tomatoes
3 Chicken Breasts, Boneless and Skinless
2 Limes, Juiced, Plus Wedges for Garnish
Salt and Freshly Ground Black Pepper
1 Cup Roughly Chopped Fresh Cilantro Leaves
1 (8-Inch) Flour Tortilla, Grilled or Fried, Cut into Thin Strips
1 Avocado, Pitted, Sliced
1 Cup Shredded Monterrey Cheese

DIRECTIONS:

1. In a large saucepan heat the vegetable oil. Add the onions and cook for 2 minutes.
2. Once the onions have softened add the garlic and jalapeños and cook for another minute. Pour the chicken broth, tomatoes and beans into the pot and bring to a boil.
3. Once at a boil lower heat to simmer and add your chicken breasts. Cook the chicken for 20 to 25 minutes.
4. Once chicken is cooked remove from pot. When cool enough to handle shred it and set it aside. Add lime juice and fresh cilantro to the pot. In a serving bowl add a mound of shredded chicken. Ladle soup over chicken and top with a lime wedge, grilled tortilla strips, avocado slices and cheese.