

Turkey Tortilla Soup

8 servings

1 tablespoon avocado oil
1 small yellow onion, finely chopped
1 red bell pepper, chopped
2 cloves garlic, minced
1 tablespoon minced chipotle in adobo sauce
2 teaspoons cumin
2 teaspoons chili powder
1 teaspoon oregano
28 ounce can crushed tomatoes
6 cups chicken bone broth
2 cups diced leftover turkey or chicken or black beans
¼ cup chopped fresh cilantro
Salt and pepper to taste

Garnish: shredded cheddar or jack cheese, crispy tortilla strips, diced avocado and a squeeze of fresh lime juice

1. Heat the avocado oil in a large stock pot over medium heat.
2. Add the onions and cook until translucent, about 10 minutes.
3. Add the bell pepper and garlic, stir until fragrant, about 30 seconds.
4. Stir in the chipotle pepper and the spices, about 30 seconds
5. Add the crushed tomatoes and broth.
6. Bring to a simmer over medium high heat, reduce heat to medium and cook for about 20 minutes to meld the flavors.
7. Add the meat or beans. Bring to a simmer.
8. Season to taste with salt and pepper.
9. Take off the heat and add the cilantro.
10. Ladle into a bowl and garnish with a squeeze of fresh lime juice, cheese, tortillas and avocado.