

Chicken Soup with Avocado and Lime



Ingredients:

- 3 medium avocados
- 1 1/2 lbs boneless, skinless chicken breasts
- 1 Tbsp olive oil
- 1 cup chopped green onions, with whites minced
- 2 jalapeños, seeded & minced
- 2 cloves garlic, minced
- 4 (14.5 oz) cans chicken broth (low-sodium)
- 2 Roma tomatoes, seeded & diced
- 1/2 tsp ground cumin
- Salt and pepper
- 1/3 cup chopped cilantro
- 3 Tbsp fresh lime juice
- Tortilla chips, Monterrey jack cheese, & sour cream, if desired for serving (optional)

Directions:

Peel, core and dice avocados. In large pot heat olive oil over medium heat. When hot, add green onions and jalapenos. Sauté until tender (about 2 minutes). Add garlic during last 30 seconds of sautéing. Add chicken broth, tomatoes, cumin. Season with salt and pepper to taste before adding chicken breasts. Bring mixture to boil over medium-high heat. Reduce heat to medium. Cover with lid and cook, stirring occasionally, until chicken is thoroughly cooked (about 10 - 15 minutes). Reduce burner to warm. Remove chicken from pan and let sit about 5 minutes. Shred chicken and return to soup. Stir in cilantro and lime juice. Add avocados just before serving. Serve with tortilla chips, cheese, and sour cream, if desired.

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