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## Ingredients for Chicken Tortilla Soup Recipe for the Slow Cooker

- 5 tablespoons olive oil, divided
- 2 pounds boneless, skinless chicken thighs
- 1 cup chopped red onion + more for garnish
- 1 jalapeño, seeded and chopped
- 1/2 teaspoon granulated garlic
- 2 teaspoons ground cumin
- 1/2 teaspoon dried oregano
- 1/2 teaspoon smoked paprika
- 1 cup frozen yellow corn
- 2 cans gluten-free red enchilada sauce (10 ounces each)
- 4 cups chicken stock
- 6-8 corn tortillas, cut into strips, divided
- 2 fresh limes, for juice and garnish
- Salt and freshly ground black pepper, to taste
- Sour cream for garnish
- Fresh cilantro leaves, rinsed and snipped for garnish



## Directions for Chicken Tortilla Soup Recipe for the Slow Cooker

- 1. Brown:** In a skillet, heat 2 tablespoons olive oil over medium-high heat. When oil shimmers add the chicken thighs. Brown the chicken - about 6 minutes each side. Add to slow cooker.
- 2. Sauté:** In the same skillet over medium heat, sauté onions and chopped jalapeño until tender - about 3-4 minutes. (Protect your skin from the pepper juices by placing a sandwich bag over the hand holding the pepper.)
- 3. Deglaze:** Deglaze pan by adding 1 cup chicken stock to still warm skillet. Using a wooden spoon, scrape tasty browned bits loose from bottom of skillet. Add mixture to slow cooker.
- 4. Add:** Add garlic, cumin, oregano, paprika, corn, enchilada sauce, and the remaining 3 cups of chicken stock.
- 5. Add:** Cut 3 of the corn tortillas into wide strips and add to the slow cooker. They will thicken the soup and add yummy flavor.
- 6. Cook:** With the lid on, set slow cooker on LOW and cook for 6-8 hours. If using the HIGH setting, cook for 3-4 hours.
- 7. To make baked tortilla strips for garnish:**

Preheat oven to 400° F. Brush corn tortillas with oil on both sides then cut into strips. Place on baking sheet and sprinkle lightly with salt.

Bake until crisp, about 11 minutes.
- 8. Shred:** When the chicken is tender and easy to break apart, lift out with tongs or a meat fork and place on a plate. Using two forks, one to hold the piece in place and the other to pull the meat apart, shred the chicken into bite-size pieces. Add them back into the soup.

9. **Stir in:** Stir in juice from 1/2 of a lime. Season with salt and freshly ground black pepper, to taste.

10. **Garnish:** Ladle soup into bowls and garnish with your choice of baked tortilla strips (or with tortilla chips, if you're in a hurry), sour cream, diced red onion, cilantro leaves, and lime wedges.



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