

Chicken and Lime Soup



Makes:

5 servings

Utensil:

Saladmaster Food Processor
7 Qt./6.6 L Roaster with Cover
10" Chef's Gourmet Skillet
medium mixing bowl

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Recipe:

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- 1 medium onion, strung, use Cone #2
- 1 fresh lime, juice and zest, shredded, use Cone #1

Directions:

1. Cut chicken breasts into bite-size pieces. Set aside.
2. Preheat skillet over medium heat. Place tortillas in skillet and toast 8 - 10 minutes or until light brown. Remove from skillet and cool.
3. In roaster over medium heat, combine chicken broth, onions, chili peppers, oregano, ¼ teaspoon lime zest, 2 tablespoons lime juice, black pepper and garlic. Bring to a simmer. Reduce heat to low and cook 5 minutes.
4. Stir in chicken and cover. Increase heat to medium. When Vapo-Valve™ clicks steadily, reduce heat to low and cook 7 - 9 minutes or until chicken is tender.
5. Stir in tomatoes and cover. Heat thoroughly.
6. When ready to serve, sprinkle with parsley or cilantro. Top individual servings with tortilla strips.

Nutritional Information per

▼ Serving

Calories: 216
Total Fat: 4g
Saturated Fat: 1g
Cholesterol: 55mg
Sodium: 323mg
Total 16g
Carbs:
Dietary Fiber: 2g
Sugar: 3g
Protein: 30g