

Helergon Kitchen

Easy Chicken Tortilla Soup

15 min Prep time	**20 min** Cook time	**35 min** Total time
6 Servings	**Easy** Difficulty	**Mexican** Cuisine

Ingredients

For the Tortilla Strips

- [ ] 4 corn tortillas
- [ ] 1 tablespoon olive oil
- [ ] pinch of salt

The Soup Base

- [ ] 1 tablespoon olive oil
- [ ] 1 medium onion, diced
- [ ] 3 cloves garlic, minced
- [ ] 1 tablespoon ground cumin
- [ ] 1 teaspoon smoked paprika
- [ ] 1 teaspoon chili powder
- [ ] 1/2 teaspoon dried oregano
- [ ] 1/4 teaspoon cayenne pepper (optional)
- [ ] 1 (14.5 oz) can diced tomatoes, undrained
- [ ] 4 cups chicken broth

The Hearty Fillers

- [ ] 2 cups cooked shredded chicken
- [ ] 1 (15 oz) can black beans, drained and rinsed
- [ ] 1 (12 oz) can frozen corn kernels, drained
- [ ] Salt and pepper to taste

Finishing Touches

- [ ] Juice of 1 lime
- [ ] 1/4 cup chopped fresh cilantro (optional)

Optional Toppings

- [ ] sliced avocado
- [ ] shredded cheese
- [ ] sour cream
- [ ] sliced jalapeños
- [ ] extra lime wedges

Instructions

1. Start by preheating your oven to 400°F (200°C). Take those 4 corn tortillas and cut them into 4-inch strips—don't worry if they aren't perfect. Spread them in a single layer on a baking sheet, drizzle them lightly with olive oil, and add a pinch of salt. Bake for 8–10 minutes until they're just crisp and golden. I usually let them cool for a bit so they stay crunchy.

2. In a large pot over medium heat, warm up 1 tablespoon of olive oil. Toss in your diced onion and sauté for about 3–4 minutes. You're looking for them to get translucent and soft, which smells just lovely.

3. Stir in the minced garlic and let it cook for another minute until it's fragrant. Now, stir in the ground cumin, smoked paprika, chili powder, dried oregano, and that optional cayenne pepper. Let them toast for about 30 seconds—it really wakes up the spices, yeah.

4. Pour in the (14.5 oz) can diced tomatoes with all their juices and give it a good stir. Add the 4 cups chicken broth, bring the whole thing to a simmer, and just let it sit for 5 minutes. This is where the flavors really start to meld together.

5. Now, fold in the 2 cups cooked shredded chicken, the drained black beans, and the corn. Simmer for another 5 minutes. You want the vegetables to soften a bit and the chicken to get nice and hot. Go ahead and season with salt and pepper to taste.

6. Stir in the juice of 1 lime right at the end, then take the pot off the heat. I like to sprinkle the chopped fresh cilantro on top now for a little pop of color.

7. Ladle the soup into bowls and place those crispy tortilla strips on top—or to the side if you're worried about them getting soggy. Set out the sliced avocado, shredded cheese, sour cream, and jalapeño slices so everyone can customize their own bowl.

8. Honestly, the best part is enjoying this immediately while the broth is steaming hot and the strips are still perfectly crisp.

Nutrition per serving

320 kcal	24 g	28 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- Using a rotisserie chicken is a wonderful shortcut that adds a bit more flavor.
- Adding lime juice at the very end keeps the flavor bright and fresh.
- Letting the tortilla strips cool completely helps them maintain their crunch.