

## **Buffalo Chicken Tortilla Soup**

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2 Corn Tortillas  
1 Tablespoon Olive Oil  
1 ½ Cups Diced Onion  
1 ½ Cups Diced Celery  
¼ teaspoon Fresh Cracked Pepper  
1 Cup Diced Zucchini

½ – 1 pounds Uncooked, Diced Chicken Breast  
1 Box Pomi Chopped Tomatoes (26.46oz or 750g)  
1 Cup Chicken Stock  
¼ Cup Franks Red Hot  
½ Cup Fresh Cilantro Leaves for garnish  
½ Cup Blue Cheese Crumbles for garnish

Preheat the oven to 350°F. Cut the corn tortillas in half, stack on top of one another, then cut into strips about ¼ inch thick. Spread on a cookie sheet, and bake for about 20 minutes, checking after 15, and until all the moisture is out of them and they are very crunchy. Heat a stock pot over medium heat, and add in the olive oil. Sauté the onions and celery for about 8 minutes, until they are soft and translucent, but not burnt. Add in the salt, pepper, zucchini and raw chicken, and cook until the chicken is almost cooked through, about 3 minutes. Add in the chopped tomatoes, chicken stock, and Franks Red Hot, and bring to a boil. Simmer for 5 minutes, until heated through very well. Divide into four bowls, and top with the crispy tortilla strips, blue cheese, and cilantro.

Serves 4

Nutritional Information per serving:

Calories	280
Total Fat	9.9g
Saturated Fat	3.3g
Cholesterol	60.8mg
Sodium	947.3mg
Carbohydrates	24.3g
Fiber	3g
Sugars	5.9g
Protein	23.3g