

TORTILLA SOUP By Lacey Berry

1/3 cup oil

2 onions diced

4 cloves of garlic diced

1 – 15 oz. Can of diced tomatoes

3 litres Chicken Broth

Tortilla chips

Cilantro chopped

Salt to taste

2 limes

Grated cheese

Opt. –Shredded cooked chicken

Heat oil in the pressure cooker, then add onions and garlic cloves. Sauté until deep golden brown. Remove from cooker and pureé with tomatoes in a blender or food processor until smooth. Return to cooker and add broth. Heat to boiling. Bring up to high pressure, reduce heat and cook 10 min. Release pressure and remove the lid. Add cilantro and salt to taste. Place cheese and tortilla chips in individual soup bowls and pour hot soup on top. Add Cooked shredded chicken if desired. Serve with lime wedges.

HEALTHYKITCHENS.COM