

Mexican Tortilla Soup

Ingredients

½ small yellow onion, peeled	1 cup tomato puree
1 garlic clove	1 qt./1 L chicken stock or low-sodium chicken broth
2 cups tortilla chips, crushed or	1 bay leaf
6 corn tortillas, oven toasted and crushed	1 cup cooked chicken, chopped (optional)
1½ tbsp. extra virgin olive oil, divided	
1 tbsp. Southwest Chipotle Blend	

Place onion & garlic in base of Chop 'N Prep Chef, cover & pull cord 4-5 times until finely chopped. Place onion, garlic and ½ tbsp. olive oil in Tupperwave® 2¼ Qt/ 2.25L cook-it container. Cover & microwave on high power for 2 minutes. Remove from microwave and add tomato puree, chicken stock, seasoning blend, bay leaf, and chicken (if desired). Cover & microwave at 70% power for 15 minutes. Remove from microwave, remove bay leaf & add tortilla chips. To serve, garnish with reserved tortillas, cilantro, cheddar cheese, and avocado.

Mexican Tortilla Soup

Ingredients

½ small yellow onion, peeled	1 cup tomato puree
1 garlic clove	1 qt./1 L chicken stock or low-sodium chicken broth
2 cups tortilla chips, crushed or	1 bay leaf
6 corn tortillas, oven toasted and crushed	1 cup cooked chicken, chopped (optional)
1½ tbsp. extra virgin olive oil, divided	
1 tbsp. Southwest Chipotle Blend	

Place onion & garlic in base of Chop 'N Prep Chef, cover & pull cord 4-5 times until finely chopped. Place onion, garlic and ½ tbsp. olive oil in Tupperwave® 2¼ Qt/ 2.25L cook-it container. Cover & microwave on high power for 2 minutes. Remove from microwave and add tomato puree, chicken stock, seasoning blend, bay leaf, and chicken (if desired). Cover & microwave at 70% power for 15 minutes. Remove from microwave, remove bay leaf & add tortilla chips. To serve, garnish with reserved tortillas, cilantro, cheddar cheese, and avocado.

Mexican Tortilla Soup

Ingredients

½ small yellow onion, peeled	1 cup tomato puree
1 garlic clove	1 qt./1 L chicken stock or low-sodium chicken broth
2 cups tortilla chips, crushed or	1 bay leaf
6 corn tortillas, oven toasted and crushed	1 cup cooked chicken, chopped (optional)
1½ tbsp. extra virgin olive oil, divided	
1 tbsp. Southwest Chipotle Blend	

Place onion & garlic in base of Chop 'N Prep Chef, cover & pull cord 4-5 times until finely chopped. Place onion, garlic and ½ tbsp. olive oil in Tupperwave® 2¼ Qt/ 2.25L cook-it container. Cover & microwave on high power for 2 minutes. Remove from microwave and add tomato puree, chicken stock, seasoning blend, bay leaf, and chicken (if desired). Cover & microwave at 70% power for 15 minutes. Remove from microwave, remove bay leaf & add tortilla chips. To serve, garnish with reserved tortillas, cilantro, cheddar cheese, and avocado.

Mexican Tortilla Soup

Ingredients

½ small yellow onion, peeled	1 cup tomato puree
1 garlic clove	1 qt./1 L chicken stock or low-sodium chicken broth
2 cups tortilla chips, crushed or	1 bay leaf
6 corn tortillas, oven toasted and crushed	1 cup cooked chicken, chopped (optional)
1½ tbsp. extra virgin olive oil, divided	
1 tbsp. Southwest Chipotle Blend	

Place onion & garlic in base of Chop 'N Prep Chef, cover & pull cord 4-5 times until finely chopped. Place onion, garlic and ½ tbsp. olive oil in Tupperwave® 2¼ Qt/ 2.25L cook-it container. Cover & microwave on high power for 2 minutes. Remove from microwave and add tomato puree, chicken stock, seasoning blend, bay leaf, and chicken (if desired). Cover & microwave at 70% power for 15 minutes. Remove from microwave, remove bay leaf & add tortilla chips. To serve, garnish with reserved tortillas, cilantro, cheddar cheese, and avocado.