

Qutekcak Finance

From: Kendra Apodaca <kp_jordan@hotmail.com>
Sent: Tuesday, September 27, 2011 2:02 PM
To: finance@qutekcak.net
Subject: Soup cook off recipe

Hi, Kelly

Thanks for the information! My recipe is as follows:

Kendra's Kickin' Chicken Tortilla Soup

Yields 8 or more servings

Ingredients:

- 2 quarts chicken broth or water with 5 chicken bouillon cubes
- 8 skinless, boneless chicken breast halves (1 Safeway value package)
- 1/2 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon garlic powder
- 2 tablespoons dried parsley
- 1 tablespoon onion powder
- 3 tablespoons olive oil
- 1 onion, chopped
- 3 cloves garlic, chopped
- 1 (16 ounce) jar of chunky salsa or fresh salsa from deli area
- 2 (14.5 ounce) cans peeled and diced tomatoes
- 1 (14.5 ounce) can whole peeled tomatoes
- 1 (10.75 ounce) can condensed tomato soup
- 3 tablespoons chili powder
- 1 (16 ounce) package frozen corn or 1 (15 ounce) can whole kernel corn, drained
- 2 (16 ounce) cans chili beans in mild or medium sauce, undrained
- 1 (8 ounce) container plain or Greek yogurt or 1 (8 ounce) container sour cream

Directions:

1. In a large pot over medium heat, combine water, chicken, salt, pepper, garlic powder, parsley, and onion powder. Bring to a boil, then reduce heat and simmer 1 hour, or until chicken juices run clear. Remove chicken, reserve broth. Shred chicken.
2. In a large pot over medium heat, cook onion and garlic in olive oil until slightly browned. Stir in salsa, diced tomatoes, whole tomatoes, tomato soup, chili powder, corn, chili beans, yogurt or sour cream, shredded chicken and 5 cups broth. Simmer 30 minutes or more for enhanced flavor.

Thanks, again!

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