

Chicken and Shrimp Tortilla Soup

Makes 6 servings.

1 large onion, chopped
1 teaspoon cumin seeds
1 tablespoon cooking oil
4 1/2 cups reduced-sodium chicken broth
14.5 ounce can Mexican-style stewed tomatoes, undrained
or Chunky Salsa
3 tablespoons snipped fresh cilantro
2 tablespoons lime juice
1 2/3 cups shredded cooked chicken breast
1 can of Pinto Beans
4 ounces salad shrimp (cooked)



In a large saucepan, cook the onion and cumin seeds in hot oil until onion is tender. Carefully add chicken broth, undrained tomatoes, cilantro and lime juice. Bring to a boil; reduce heat. Simmer, covered, for eight minutes. Stir in shrimp and chicken. Cook about three minutes more or until shrimp turn pink, stirring occasionally. Top each serving with tortilla shreds.

For Crockpot place all but shrimp in crockpot. Cook on low. Can use uncooked chicken cut into small pieces. Add shrimp during the last half hour or so.

Crisp tortilla shreds

Brush four 5 1/2 inch corn tortillas with 1 tablespoon cooking oil. In a small bowl, combine one-half teaspoon salt and one-eighth teaspoon ground black pepper; sprinkle mixture on tortillas. Cut tortillas into thin strips. Arrange in a single layer on a baking sheet. Bake in a 350 degree oven 8 to 10 minutes or until crisp.

<http://www.lincolntent.com/GFCF-Soup.html>