Chicken White Bean Tortilla Soup

Four soup bowls with crisp tortilla strips · Active 25 min · Total 55 min

Skills: Timing a simple canned-protein soup alongside a separately crisped tortilla topping

Ingredients

- 4 small corn tortillas (about 4 oz/120 g total)
- 1 1/2 tablespoons neutral oil (22 ml), divided: 1 teaspoon/5 ml for strips and the rest for soup
- 1 medium onion, finely chopped (150 g)
- 1 teaspoon ground cumin (2 g)
- 1 can chopped tomatoes, 14–14 1/2 oz/400–411 g, including juice
- 3 cups water (720 ml)
- 2 cans cooked white beans, 15 oz/425 g net each, drained and rinsed (480 g total drained)
- Canned cooked chicken, drained (7 oz/200 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)

Set out

Saucepan, at least 4 qt/4 L, Baking sheet, Knife and board, Strainer, Food thermometer

Allergens

No major US allergen identified in the base ingredients. Check labels and substitutions.

Make it

1. Heat oven to 375°F/190°C. Cut tortillas into 1/4-inch/6 mm strips. Toss with 1 teaspoon/5 ml oil and spread in a single layer on the sheet. Bake for 10–14 minutes, turning once, until dry and lightly crisp; check early. Set aside.

2. Meanwhile heat the remaining oil in the saucepan over medium heat. Cook onion for 7–8 minutes, then stir in cumin for 30 seconds. Add tomatoes with juice, water, salt and pepper. Bring to a boil and simmer for 12–15 minutes.

3. Fold in drained white beans and chicken. Simmer gently for 5–6 minutes, stirring, until the complete soup is piping hot and reaches 165°F/74°C. Keep a few chicken pieces intact.

4. Divide soup among four bowls, sharing beans and chicken evenly. Add one-quarter of the tortilla strips to each just before eating.

Four strips portions, not an extra purchase

The recipe uses four small tortillas. Their crisp pieces supply the finishing texture without assuming a bag of snack chips is available.

Ingredient labels

No major allergen is deliberately included when plain corn tortillas are used. Check tortillas for wheat or other additions and chicken/beans for added ingredients; no allergen-free guarantee is made.

A useful detail

Toasting the strips and simmering soup overlap. The 55-minute total includes chopping and bringing the measured soup liquid to a boil.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below and use within 3 days. Reheat a portion to 165°F/74°C throughout. Keep cooled tortilla strips separate in a dry covered container for up to 2 days. Freeze promptly cooled soup without strips for up to 2 months and thaw in the refrigerator. If using leftover chicken, follow its earlier deadline.