

# Crock Pot Chicken Tortilla Soup

The morning is half over and my whole family is still wearing pajamas. Yay for snow days! But since it's dreadful and cold outside, I need something hot and satisfying to fill our bellies. I decided that we should head south of the border tonight and enjoy some Mexican fare, so today I am sharing my recipe for chicken tortilla soup. This recipe is simple and easy (and note— it freezes well, too!) and you can definitely vary the spiciness of the dish, depending how much heat your mouth can withstand.

I am sharing my basic recipe for this soup, but feel free to add any of the following to the pot for additional spice. I would recommend only picking one or two of these things as each one packs a punch:

1/2 t. cayenne pepper OR

1 chopped jalapeno pepper OR

1 t. Tabasco sauce

You can also decorate your chicken tortilla soup in a variety of ways. Try sprinkling some fresh, chopped cilantro on top, or a few slices of avocado. If the spice is more than you anticipated, cut it with some shredded monterey jack cheese or a dollop of sour cream. Most restaurants serve this soup with tortilla strips— you can crumble regular tortilla chips on top for the same effect. Or just like an old scantron test, you can select E. All of the Above (that's the correct answer!!)

We might be skating on the lawn and building a snowman on the porch, but at dinner tonight, we'll all be saying "Ole!"

1 28 oz. can petite diced tomatoes

2 10 oz. cans diced tomatoes with green chiles  
1 15 oz. can sweet corn, no salt added (drained)  
1 lb. frozen chicken breasts or tenders  
1/2 medium onion, chopped  
2-3 cloves garlic, minced  
1 T. chopped fresh cilantro  
1 bay leaf  
1 t. chili powder  
1 t. cumin  
1/2 t. black pepper  
1/2 t. salt

Put all ingredients in crock pot and stir so that the spices mingle with all of the solid foods. Cook on low for 6 hours. Remove chicken, shred it and then put back in crock pot for one hour. Serve with any of the additional spices or toppings outlined above.

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## Crock Pot Creamy Tomato Soup

I understand that the red label of canned tomato soup is probably very patriotic and that eating grilled cheese and tomato soup is one of our commandments or laws or requirements as Americans. I support that, I do. But— I don't think my grilled cheese sandwich deserves to bathe in a mixture of

weird canned goop and water. It needs more than that. So today I made homemade creamy tomato soup.

I think the key difference here is the spices and the heavy cream, you just can't get those flavors in a can. Another detail that is critical to this recipe is the use of an immersion hand blender. Thirty seconds of power will take this soup from delicious to heavenly. If you don't have an immersion hand blender, then you can cool your soup off and then put it into a blender to puree, then return it to the crock pot, add the heavy cream and heat it back up. That way is more work but will deliver the same smooth result.

Your soup should have an equal counterpart– a perfect grilled cheese sandwich. But you have to define that for yourself. For me, it's swirled pumpernickel/rye bread with swiss and havarti cheeses. For my kids, it's American cheese on whole wheat. For my husband, it's italian bread with sharp cheddar and colby jack. I am willing to entertain everyone's favorites, since the soup is so easy to make. Another trick for your sandwich is to change up from using butter or margarine on the outside of your bread– try using a light smear of mayonnaise instead and get a sweeter, crisper result. Or you can quickly dip the sandwich in a couple beaten eggs and turn your grilled cheese into a monte cristo instead. Discover whatever combination tickles your taste buds and then let it swell with the sweetness of the soup. Enjoy!

2 14 oz. cans of diced tomatoes

1 small onion, diced

2-3 cloves of garlic, chopped

1 bay leaf

1 t. of each seasoning: salt, black pepper, rosemary, oregano and celery seed

1 T. sugar

8 oz. heavy cream

Combine all ingredients except heavy cream in the crock pot. Cook on low for 4 hours. Remove bay leaf. Use immersion hand blender and puree until smooth. Add heavy cream, stir and heat for one more hour. Serve with your favorite grilled cheese sandwich, of course!

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## Crock Pot Potato Soup

My 93-year-old grandmother-in-law was visiting last week and the woman is amazing. She is clear minded and sound of body. She might not win the race, but she will definitely reach the finish line. She loves her grandchildren and great-grandchildren and hates to be idle. So when she was here visiting and offered to help in the kitchen, I was pleased to have her assistance.

My least favorite food prep is cutting onions. Let's be honest— I'm a big baby about it. My eyes first burn and tingle, then water profusely and run all down my face. I look like I'm in a bad soap opera by the time that innocent white bulb is finally all chopped up. So, I politely asked my "sous-chef" to complete this task and she diced enough onions to fill half of a gallon-sized freezer bag full!

Now I needed to figure out what to do with all these onions. I thought about a side dish of creamed onions or maybe crisping them up with some garlic to start a nice curry dish, but decided instead that it would only be appropriate to make my mother-in-law's recipe for for potato soup and to use the

onions that her own mama chopped up. My M-I-L didn't make this dish in the crock pot, but all the ingredients are just about the same. Enjoy!

5-6 medium potatoes, peeled and diced

1 medium onion, diced

3 stalks celery, cleaned and diced

3 cups water

1 t. salt

1/2 t. black pepper

1 bay leaf

2 t. dried parsley

1 c. milk

1 T. corn starch

1 can cream-style corn

Put potatoes, onion, celery and seasonings in crock pot. Cover with water (about 3 cups). Cook on high for 3 hours until all veggies are soft. Dissolve corn starch in cold milk and then add to crock pot, dump in can of cream-style corn and cook for 1 more hour.