

Beef Tortilla Soup

If you like tortilla soup, you must try this beef version. Spicy tomato broth, crispy tortillas, and a heaping portion of tender Brisket are sure to satisfy your craving for this Mexican favorite.

INGREDIENTS

1 beef Brisket Flat Half (2-1/2 to 3 1/2 pounds)
 1 tablespoon olive oil
 2 cups chopped onions
 2 tablespoons ground cumin
 2 tablespoons minced garlic
 3 cans (14 to 14.5 ounces) unsalted beef broth
 1 jar (16 ounces) Herdez® Casera Salsa
 1 can (14.5 ounces) no-salt-added diced tomatoes
 2 cups frozen corn - You may substitute canned white hominy for frozen corn.
 2 tablespoons hot pepper sauce - Two small jalapeño peppers, seeded and thinly sliced, may be substituted for hot pepper sauce. Cook jalapeño peppers with onion and garlic.
 1/4 cup chopped fresh cilantro leaves
 Crunchy Tortilla Strips (recipe follows)
 16 springs fresh cilantro
 1 ripe avocado, thinly sliced
 1/2 cup finely shredded reduced-fat Cheddar cheese - You may substitute Cotija cheese for Cheddar cheese.



4.00
Hours



8
Servings



42 Cal



33g
Protein

COOKING



1. Heat oil in stockpot over medium heat until hot. Place beef Brisket in stockpot; brown evenly. Remove brisket from stockpot; season with salt and pepper, as desired. Add onions, cumin and garlic to stock pot; cook and stir 3 to 5 minutes or until onions are crisp-tender. Return brisket, fat-side up, to stockpot. Add broth, Herdez® Casera Salsa and tomatoes; bring to a boil. Reduce heat; cover tightly and simmer 2-1/2 to 3 hours or until brisket is fork tender.

2. To prepare the Crunchy Tortilla Strips, cut 2 corn tortillas in half, then crosswise into 1/4-inch-wide strips. Place strips in single layer on baking sheet. Spray tortillas strips lightly with nonstick cooking spray. Bake 4 to 8 minutes at 400°F or until crisp. Set aside to cool.

3. Remove brisket. Skim fat from cooking liquid. Trim fat from brisket. Cut into 4 to 6 pieces; shred with 2 forks. Return beef to stockpot. Add corn and pepper sauce; cook 20 to 25 minutes. Stir in chopped cilantro. Season with salt and pepper, if desired.

4. Ladle soup into bowls. Garnish each serving with tortilla strips, cilantro sprigs, avocado and cheese, as desired.

NUTRITION

Serv Size	Calories	Total Fat	Cholest	Sodium	Total Carb	Protein		
8		7g	83mg		19g	33g	1	0

*The % Daily Value tells you how much of a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Courtesy of BeefItsWhatsForDinner.com