Two Mexican Soup Recipes For Any Time of Year

Sometimes, our timing is just right and Iberostar Mexico's timing was perfect when they contacted me with the following two quick and easy Mexican soup recipes their chefs created for their hotel menus. It was a cold and rainy day and I had just decided a pot of soup was in order. Soups are a year-round favorite of mine, and these Mexican soup recipes are great for both cold winter evenings or warm summer nights.

Mexican Soup Recipes

We're sharing these recipes on National Homemade Soup Day—February 4, 2018. Admittedly, the designation doesn't exactly mean parades in the street and a day off work, but it's as good an excuse as any to enjoy soup for dinner tonight!

Iberostar's Mexican Lime Chicken Soup

This hearty chicken soup is light and refreshing, combining spicy flavors with tart lime juice.

Makes 6 servings. Cooking time: 1 hour.

Ingredients:

- 2 garlic cloves
- ½ white onion
- 1 tomato
- 1 boneless chicken breast
- 3 limes
- 4 corn tortilla
- ½ yellow pepper
- ½ green pepper
- ½ red onion
- 3 cilantro leaves
- 1 tablespoon of oregano
- Pinch of salt
- Pinch of pepper
- Vegetable oil for frying
- 4 cups of chicken broth

Instructions:

1. In a large sauce pan over medium heat, cook the chicken with the white onion and garlic

cloves until browned and add salt.
2. Cut two limes in half, roast the limes, and add lime juice from one lime to the chicken.
3. Slice one lime and set aside.
4. Cut tortillas, peppers and red onion in “Julienne” style and set apart.
5. Cut the tomato in “Julienne” style and remove seeds.
6. Finely chop the garlic.
7. Shred the chicken breast.
8. Heat the vegetable oil over medium heat and add the red onion, peppers, garlic and tomatoes.
9. When the mixture is lightly fried (some signs of browning), add the cilantro and chicken;
10. Add four cups of chicken broth, juice of roasted lime and oregano.
11. Once the soup begins to boil, reduce the intensity of the heat, cover the pan and let the soup boil or 5 more minutes for a better mixture of flavors. Garnish with lime slices.

Iberostar's Mexican Tortilla Soup

Made with fried tortillas, this filling traditional Mexican soup is easy to make and full of *sabor (*flavor.)

Makes 6 servings. Cooking time: 45 minutes.

Ingredients:

- 3 garlic cloves
- ½ onion
- 3 tomatoes
- 6 cups of chicken broth
- 2 fresh *epazote* or coriander leaves
- 10 corn tortillas
- 2 pasilla chiles
- 2 avocados
- ½ cup of *queso fresco*
- ½ cup of sour cream
- Pinch of salt
- Pinch of pepper
- Vegetable oil for frying

Instructions:

1. Roast the garlic cloves, onion and tomatoes in the oven.
2. Grind the roasted ingredients and add ¼ cup of chicken broth and one pasilla chile.

3. Fry the ground mixture in oil over high heat for 2 minutes in a large pot and then leave it on low heat for five more minutes or until obtaining a thick mixture.
4. Add the remaining chicken broth, epazote leaves and salt and pepper to taste.
5. Leave the broth on medium heat for 15 minutes.

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- Iberostar Hotels and Resorts is a hotel chain with 110 four- and five-star properties in 17 countries around the world. www.iberostar.com/en

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