

## From the Elite Athletic Development Test Kitchen

*Recipes developed, created & adapted by  
Elite Athletic Development / CrossFit Arlington Heights / CrossFit Axis Athletes*



### **Tortilla-Less Tortilla Soup**

*Contributed by Coach Karen. Adapted from Pam Anderson / CookSmart*

2 large free-range boneless chicken breasts  
1-1/2 T Extra Virgin Olive Oil (separated)  
1/2 t salt  
1/2 T Ancho chili powder  
1/2 T Chipotle chili powder  
1 large onion, roughly diced  
4 large garlic cloves, crushed  
2 T canned Chipotle Peppers in Adobo Sauce, minced  
2 quarts low-sodium, organic chicken broth  
1 -14.5 ounce organic fire-roasted diced tomatoes  
1 medium sweet potato, medium dice  
Handful of fresh cilantro, roughly chopped  
1 lime

Heat Dutch oven or soup kettle over medium-high heat. Toss chicken with salt, chili powders and 1-1/2 teaspoons of the EVOO to coat. Add chicken to hot pot; cook, turning only once, until brown on both sides, 5-6 minutes. Transfer to a plate and cut (or shred when cool enough) into bite-size pieces.

Heat remaining tablespoon of oil in the hot empty pot; add onions and sauté until softened, 4-5 minutes. Add garlic & peppers; continue to sauté until fragrant, about a minute longer. Add chicken broth, tomatoes and sweet potato. Bring to a boil, reduce heat to medium low. Simmer partially covered and skim foam as it surfaces, to blend flavors and until the sweet potato is soft. Stir in chicken and turn off heat.

Ladle the soup into bowls and top with cilantro and a squirt or two of lime juice. For the non-Paleo in the house, crumble tortilla chips into the soup, add a sprinkle of cheese and /or dollop of sour cream.



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