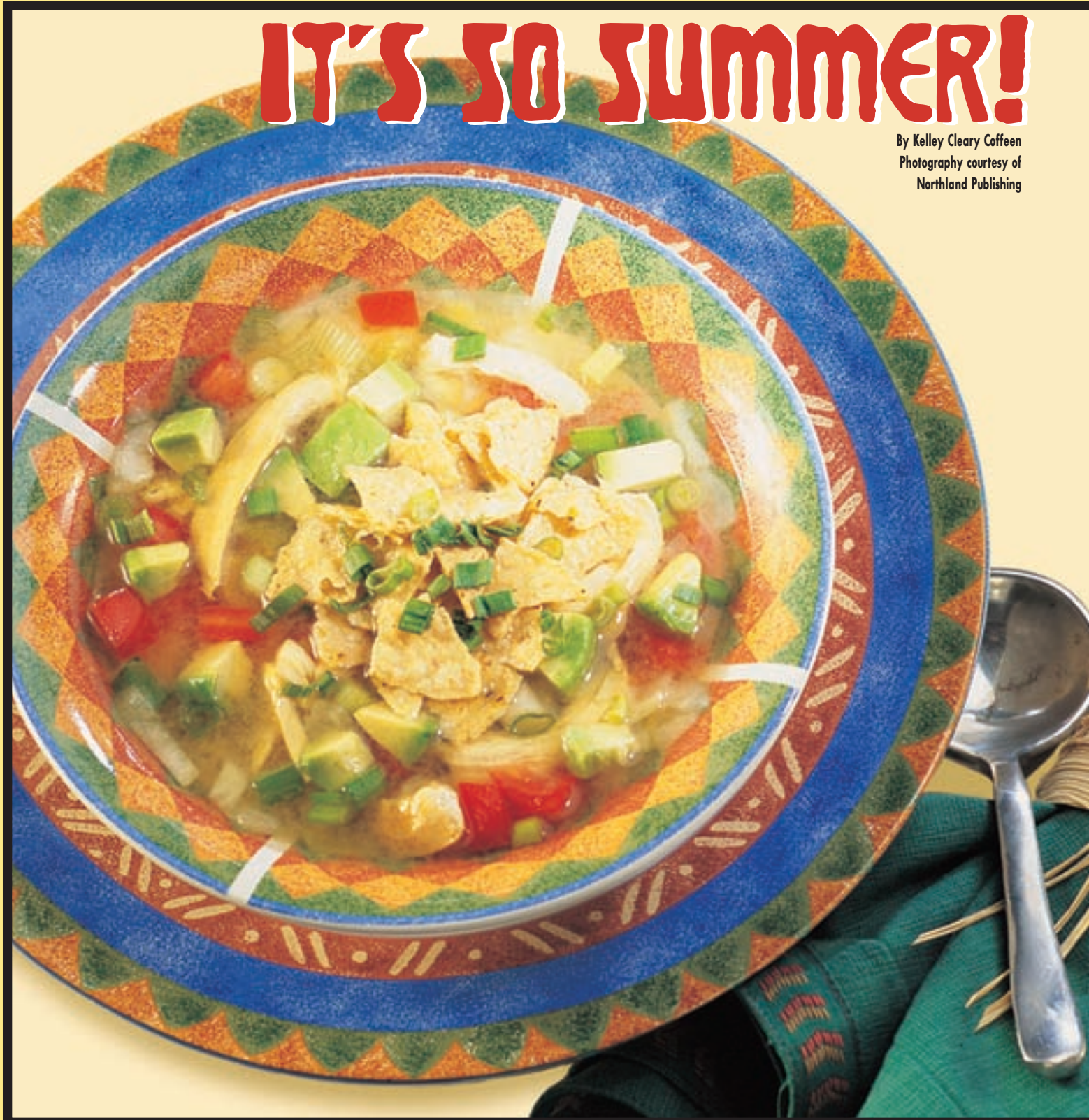


SOPA DE LIMA

IT'S SO SUMMER!

By Kelley Cleary Coffeen
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There is nothing complicated about creating a wonderful pot of soup or a crisp fresh salad loaded with flavor. Blending the flavors of Mexico by adding fresh chile and locally grown herbs creates a Southwest flavor that you won't forget. Sopa de Polla (chicken soup) is one of the best-known Mexican-style soups around, and my version of this flavorful chicken soup takes just minutes to prepare. Good Southwest cooking calls for a lot of fresh fruit and produce, not only for salsas and salads, but also to spice up your summer soups.

Sopa de Lima is light, refreshing and perfect for those hot summer nights. The delicate citrus flavor of the lime soothes the fiery chile kick and gives the broth a crisp edge. Elevate the flavor by adding a layer of tortilla chips, avocado chunks, and the zest of minced green onions and you've got yourself a satisfying summer meal!

Sopa de Lima

(Serves 4 to 6)

- 1 medium yellow onion, chopped
- 2 cloves garlic, minced
- 4 ounces hot green chile, roasted and minced
- 2 tablespoons olive oil
- 2 vine-ripened tomatoes, seeded and chopped
- 6 cups chicken broth
- 2 medium chicken breast halves, cooked and shredded
- ½ cup fresh lime juice (from about 5 limes)
- 1 cup crushed corn tortilla chips
- 1 or 2 avocados, peeled, seeded and chopped
- 3 green onions, minced
- 3 limes, cut in wedges

Sauté the onions, garlic, and green chile in the olive oil in a skillet, over medium heat until the onion is clear and soft, about 4 to 6 minutes. Add the tomatoes, broth, chicken and lime juice. Bring to a boil, reduce to a simmer, and cook uncovered for 10 minutes. Serve in individual bowls and garnish with tortilla chips, avocado, green onions and lime wedges.



Fiesta Mexicali, by Kelley Cleary Coffeen, is available at area booksellers and at Amazon.com

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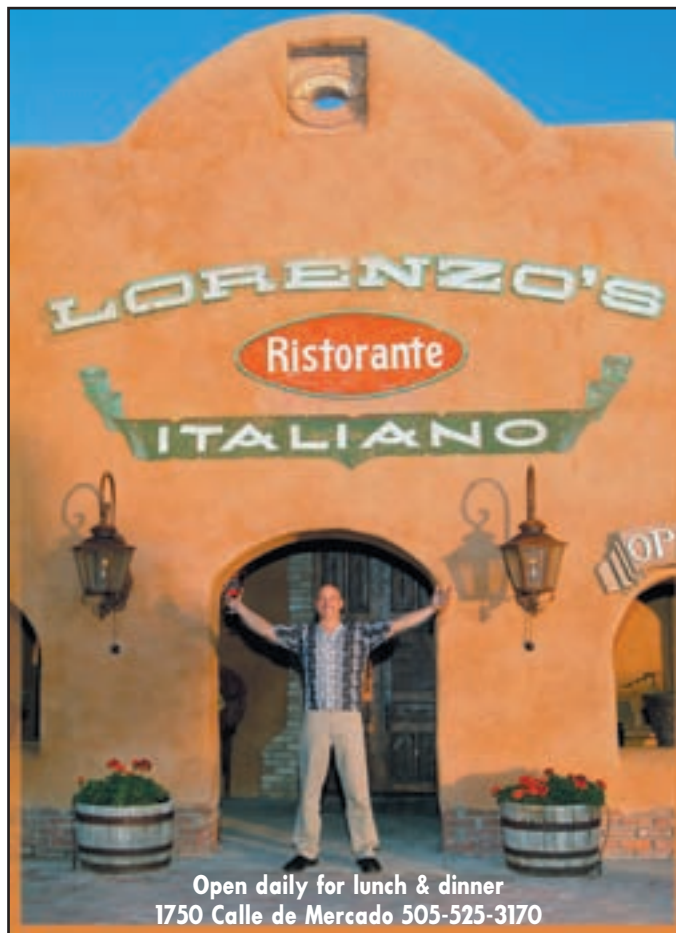


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