

Cilantro Lime Soup

*Recipe Rating: ****

Makes 4 servings. In the state of Yucatán in southeastern Mexico, lime soup is served on even the hottest days. The fresh taste of the cilantro and the sourness of the lime combine to give the soup plenty of zing.

1. **HEAT BROTH.** Bring broth to boil, covered, in large saucepan and set aside.

6 cups (40 oz) low-sodium chicken broth

2. **SEASON AND BROWN CHICKEN.** Meanwhile, pat chicken dry with paper towels, then season with salt and pepper. Heat oil in large Dutch oven over medium-high heat until just smoking. Add chicken and cook until lightly browned on both sides, about 5 minutes. Transfer chicken to plate.

2 skinless boneless chicken breast halves
Salt and ground black pepper
1 tablespoon vegetable oil

3. **BROWN ONION AND ADD SEASONINGS.** Add onion and salt to fat left in Dutch oven and cook over medium-high heat until lightly browned, 3 to 5 minutes. Stir in garlic, cumin, oregano and chili powder. Cook until fragrant, about 30 seconds.

1/2 teaspoon salt
1 onion, chopped
2 garlic cloves, minced
1 tablespoon mild chili powder (see note below)
1/2 teaspoon ground cumin (RDY)
1/2 teaspoon dried Mexican oregano (RDY)

4. **ADD STOCK AND VEGETABLES.** Add broth, corn, tomatoes, and 1/2 bunch cilantro sprigs to saucepan; bring to boil. Reduce heat and add chicken to the pot. Simmer until chicken is cooked through, about 10 minutes.

Reserved chicken broth
1 cup fresh or frozen corn kernels
1 cup chopped seeded tomatoes (or one [15-oz] can diced tomatoes instead of some of the broth)
1/2 bunch fresh cilantro sprigs, tied together with kitchen string.

Remove chicken and shred into bite-sized pieces. Discard cilantro sprigs.

(Can be made 1 day ahead.

Chill. Bring to simmer before continuing.)

5. **ADD GARNISH.** Add chopped cilantro, rice avocado and lime juice to soup. Season with salt and pepper. Garnish with sour cream.

1/4 cup chopped fresh cilantro
1/4 cup fresh lime juice
1/2 avocado, diced (RDY)
Crushed tortilla chips

RG notes:

- 05/11/12 Changes: use more chicken stock, replace rice with crushed tortilla chips, no need for sour cream
- 08/25/07 Changes: cook chicken breasts whole, shred them later
- 12/17/06 GREAT soup – I used 1 cup of canned whole tomatoes (chopped and seeded), 1 cup of canned cream style corn.
- Cynthia requested less chile powder - next time I used NON-hot chile powder, and she liked it better.
- Do NOT use “crushed” tomatoes – too much like tomato sauce, no real impact on the soup

Cilantro Lime Soup #3

*Recipe Rating: ****

Makes 4 servings. In the state of Yucatán in southeastern Mexico, lime soup is served on even the hottest days. The fresh taste of the cilantro and the sourness of the lime combine to give the soup plenty of zing.

1. **HEAT BROTH.** Bring broth to boil, covered, in large saucepan and set aside.

5 cups (40 oz) low-sodium chicken broth

2. **SEASON AND BROWN CHICKEN.** Meanwhile, pat chicken dry with paper towels, then season with salt and pepper. Heat oil in large Dutch oven over medium-high heat until just smoking. Add chicken and cook until lightly browned on both sides, about 5 minutes. Transfer chicken to plate.

*2 skinless boneless chicken breast halves
Salt and ground black pepper
1 tablespoon vegetable oil*

3. **BROWN ONION AND ADD SEASONINGS.** Add onion and salt to fat left in Dutch oven and cook over medium-high heat until lightly browned, 3 to 5 minutes. Stir in garlic, cumin, oregano and chili powder. Cook until fragrant, about 30 seconds.

*1/2 teaspoon salt
1 onion, chopped
2 garlic cloves, minced
1 tablespoon mild chili powder (see note below)
1/2 teaspoon ground cumin (RDY)
1/2 teaspoon dried Mexican oregano (RDY)*

4. **ADD STOCK AND VEGETABLES.** Add broth, corn, tomatoes, and 1/2 bunch cilantro sprigs to saucepan; bring to boil. Reduce heat and add chicken to the pot. Simmer until chicken is cooked through, about 10 minutes.

*Reserved chicken broth
1 cup fresh or frozen corn kernels
1 cup chopped seeded tomatoes (or one [15-oz] can diced tomatoes instead of some of the broth)
1/2 bunch fresh cilantro sprigs, tied together with kitchen string.*

Remove chicken and shred into bite-sized pieces. Discard cilantro sprigs.

(Can be made 1 day ahead.

Chill. Bring to simmer before continuing.)

5. **ADD GARNISH.** Add chopped cilantro, rice avocado and lime juice to soup. Season with salt and pepper. Garnish with sour cream.

*1/4 cup chopped fresh cilantro
1/4 cup fresh lime juice
Sour cream
1/2 avocado, diced (RDY)
1 cup cooked rice (RDY)*

RG notes:

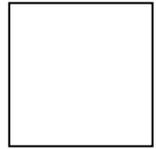
08/25/07 Changed to cook chicken breasts whole, shred them later

12/17/06 GREAT soup – I used 1 cup of canned whole tomatoes (chopped and seeded), 1 cup of canned cream style corn.

Cynthia requested less chile powder - next time I used NON-hot chile powder, and she liked it better.

Do NOT use “crushed” tomatoes – too much like tomato sauce, no real impact on the soup

Cilantro Lime Soup #2



*Recipe Rating: ****

Makes 4 servings. In the state of Yucatán in southeastern Mexico, lime soup is served on even the hottest days. The fresh taste of the cilantro and the sourness of the lime combine to give the soup plenty of zing.

1. **COOK ONION AND GARLIC.** Heat oil in heavy large saucepan over medium-high heat. Add onion and garlic; sauté until slightly softened, about 3 minutes.

2 tablespoons olive oil
1 onion, chopped
2 garlic cloves, minced

2. **ADD CHICKEN.** Add chili powder; stir 1 minute. Add chicken; stir 2 minutes.

1 tablespoon chili powder
2 skinless boneless chicken breast halves, cut into 3/4-inch pieces

3. **ADD STOCK AND VEGETABLES.** Add broth, corn, tomatoes, and 1/2 bunch cilantro sprigs to saucepan; bring to boil. Reduce heat and simmer until chicken is cooked through, about 10 minutes.

5 cups canned low-salt chicken broth
1 cup fresh or frozen corn kernels
1 cup chopped seeded tomatoes (or one [15-oz] can diced tomatoes instead of some of the broth)
1/2 bunch fresh cilantro sprigs, tied together with kitchen string.

Discard cilantro sprigs. (Can be made 1 day ahead. Chill. Bring to simmer before continuing.)

4. **ADD GARNISH.** Add chopped cilantro, rice avocado and lime juice to soup. Season with salt and pepper. Garnish with sour cream.

1/4 cup chopped fresh cilantro
1/4 cup fresh lime juice
Sour cream
1/2 avocado, diced (RDY)
1 cup cooked rice (RDY)

RG notes:

12/17/06 GREAT soup – I used 1 cup of canned whole tomatoes (chopped and seeded), 1 cup of canned cream style corn. Cynthia requested less chile powder for next time.

REVIEWS

- 08/08/05 – I thought this was very good, although I did make a few adjustments: I added dried cumin and oregano with the chili powder, I used a 14-ounce can of petite cut tomatoes with juices instead of fresh tomatoes, I cut down the broth to 4 cups, and I added a few splashes of Tobasco sauce for heat. I also cooked the chicken breasts whole and shredded them afterwards (looks more authentic). Served with extra slices of lime, avocado, sliced jalapeno peppers (my fiancée is into heat), along with the sour cream & cilantro. Delicioso!
- 10/18/04 – I thought it needed about half the broth and to cook longer. I added 1/3 cup rice, more lime juice, and slices of avocado.
- 07/31/04 – Mmmmm! Fairly easy to make compared to other cilantro soup recipes I've tried. I was afraid that 1 tbsp of chili powder would be too much, but you couldn't distinctly taste it in the soup. I added white rice to make it more of a complete meal. I also used 4 cups of broth, and that was plenty. Will make again, next time with avocado.
- 07/20/04 – simply wonderful soup. I make it a lot and add a can of black beans. VERY VERY TASTY :)
- 02/05/04 – I loved this recipe. I added sour cream and shredded cheese for garnish. Some heat from peppers, as other reviewers suggested, would be great.
- 01/31/04 – I have four children, so my cooking has to be REAL fast. I used the exact ingredients, with canned corn, canned tomatoes, and bottled lime juice. It was terrific. I'd recommend this speedy version to anyone.
- 11/06/03 – I love this soup – in the winter I omit the lime and add New Mexican chiles when you add the cilantro and remove them after simmering.
- 09/24/03 – Thanks to all the reviewers' suggestions, I ended up with a flavorful and chock-full-of-"stuff" soup using 4 cups chicken broth, 2 chicken breasts, 1 large onion, 2 garlic cloves, 2 tomatoes, 3 ears of corn, 2 limes (~1/3c juice), 1.5T chipotle peppers in adobo, and 1/2 bunch of cilantro. (Next time I might up the broth a bit and reduce the chipotle to 1T, though.) I didn't bother with the salt and pepper, but I thought the dollop of sour cream helped to balance out the spiciness. I've frozen single-size portions to bring for lunch, and right now I'm happily finishing a serving that tastes just as fresh as it did yesterday. It's more trouble, but I highly recommend using fresh corn.
- 09/15/03 – I can't believe I forgot to review this one when I first made it. It tastes, strikingly, like a liquid enchilada. . . . a good one. Simple to make, excellent results.
- 09/05/03 – Fabulous! This was simply excellent, and I will make it again and again. Note: 1 corn cob yielded almost one cup of corn; I used two large tomatoes for 1 cup; and two limes gave me 1/4 cup of lime juice.
- 08/25/03 – Thought this soup was marvelous. As others report, a really nice blending of flavors, especially with the lime. One suggestion – it got hot here, so we served it chilled, like a gazpacho. We crumbled blue corn tortilla chips on top and everyone complimented!
- 07/23/03 – Really great. I used ground Cayenne pepper instead of the chili powder, which made it spicier. Also, I doubled the corn and used a can of chopped tomatoes instead of fresh.
- 05/05/03 – Excellent and quick to make. I used fresh corn and tomatoes and added some extra of each. Also I threw the cobs in while it was cooking. Homemade chicken stock is the only thing that could make it better!
- 03/29/03 – After reading the reviews of this soup I couldn't wait to make it. Taking into consideration all the other reviews I went on my merry way to shop for the groceries needed. Changes I made which made a hearty soup = just over 2 cups of corn and just over 2 cups of tomatoes. I added a full bunch of cilantro, as it was easier than separating. I also added only 1/2 tablespoon of chili as my husbands taste buds have no been killed yet and he can't take the heat! With these changes made the soup was delicious and has now taken tied first place with another soup we found on Epicurious (Kale and White Bean Soup). I was also cooking for young children so I cooked up some rice (cooked in broth) and served it over the rice – a hit!
- 03/06/03 – The lime juice is what adds sparkle and makes this recipe rise above what would otherwise be a standard hum-drum veggie soup. Because good tomatoes are out of season, I added half a can of tomatoes with diced chiles for extra kick and served with a side of lightly fried and salted flour tortilla strips. Refreshing and satisfying at the same time!!
- 01/19/03 – Used a large Vidalia onion and 4 cloves garlic. After the broth addition, added 2 handfuls fresh cut green beans, 4 ears fresh cut corn along with 2 ripe tomatoes and chopped chicken. That, along with the suggestions of jack cheese, avocado, and tortilla strips gave the soup plenty of substance. Also supplied some minced jalapeno and chopped green onion for those who wanted it spicier. 1/3 cup fresh lime juice was perfect. Very close approximation to sopa de lima from Cozumel/Isla Mujeres in Mexico.
- 12/13/02 – Not sure about the need to add more substance to this soup... though I do usually increase the amt of chicken, corn, & tomatoes (and broth!). I also cut up some corn tortillas into strips and fry them in some vegetable oil, salt as soon as they're done, and then pile them on top of the soup before serving. When the season's right I also add sliced avocado as a garnish alongside the sour cream. Yum!
- 10/30/02 – The combination of cilantro and lime is delicious! I add celery to the soup as well. Very easy to make. Would definitely recommend this recipe!!!
- 08/22/02 – This was a definite "do again" recipe! I took the former reviews to heart and used only 3 cups of chicken broth. I used ancho chile powder (2/3 Tablespoon) for extra heat. I used rice instead of corn and cooked it for 20 minutes instead of 10 minutes. I cut up some avocado and poured the soup over the avocado. Outstanding!

07/01/02 – This soup has a good flavor, but I think it contains nearly twice too much broth for the amount of "stuff" in the soup. I also think that it could use a bit more lime juice (perhaps 1/3 cup). Next time, I may add a can of stewed tomatoes (including the juice) and one can of chicken broth plus either rice or tortilla strips.

05/07/02 – I felt the soup needs to cook longer than 10 minutes to develop its flavors, but the combination of ingredients is excellent. I agree with most reviewers that it needs something of more substance. I added 2 cubed Yukon Gold or other potatoes (not Russet), or so, during the last 15 minutes of cooking.

05/06/02 – This soup was great! I kept in the cilantro, added pieces of lime and more onions while it was cooking. Overall, very good base, just "doctored" it up a bit.

12/29/01 – Everyone loved this exquisite-tasting soup! It also looks beautiful while the yellow corn, red tomato, and green cilantro are cooking together. The only thing I can possibly think of changing for next time is increasing the amount of "stuff" in the soup.

12/12/01 – I LOVE this soup. I've made it twice in the past two months. I used less broth than the recipe calls for and more lime. I'll make it over and over from now on.

08/23/01 – A delicious light summer soup. The flavours blend exquisitely. I used the amount of lime juice called for (just short of one large lime) and thought it worked well. Adding extra chicken, tomatoes, or onions wouldn't hurt to give it a little more body, but it's superb as written. Definitely something I'll fix again for company!

07/24/01 – Wow this soup is really good. I made it because I needed something new to do with chicken and even on a really hot Texas day in July it made a great and easy dinner. I also added slice avocado and a little bit of jack cheese when I served it. I couldn't keep my roommates out of the pot.

05/17/01 – This is good, but I had to add a bit to it. I think it needs a touch more spice, maybe more garlic, but the fresh vegetables and the sprightliness of the lime juice make for a good springboard recipe. I think mine needed a bit more chicken. But I will try it again. It's very pretty soup!

05/13/01 – My wife LOVES the lime soup we had when in Cozumel. This recipe is the only one we have found that fulfills her cravings for lime soup. Although I did add A LOT more lime juice than the recipe called for.

03/28/01 – I lived in Merida, Yucatan when I was nine, and sopa de lima (lime soup) was one of my favorite dishes. This recipe comes closer than any I've found to approximating the flavors I remember. I usually add more chili powder and more cilantro than the recipe calls for. Also, I've made a vegetarian version, with tempeh instead of chicken and veggie broth instead of chicken broth – it was quite good.

01/14/01 – Delicious! Added 2 tablespoons of Chipotles in Adobo (from Chile Today-Hot Tamale – 1-800-Hot-Pepper) and it gave the soup a great "kick."

01/10/01 – We really enjoyed this easy to make soup. A nice light, yet full flavored treat.

12/12/00 – I used ground chipotles instead of chili powder – excellent flavor but 1 T made it too spicy for most

12/11/00 – I really like this soup. It had a great Tex-Mex taste. I didn't use chicken and I took the advice of some of the other cooks and used a bit less lime juice. I added the lime juice a little at a time until I got the taste I was looking for. This is a keeper!

12/03/00 – This soup was delicious! Next time, I will add more vegetables. You could even leave out the chicken, and it would make a great vegetable soup. I'd recommend using a little less lime since it was quite tangy.

11/03/00 – I've made this a couple of times and it's really good. It can easily be made the day before and tastes even better the next day.

08/16/00 – Delicious! Such a different soup, and the lime really adds a tang. I used Vidalia onion. Don't skip the sour cream, either! I think this soup would be good with a little rice in it, too.

08/15/00 – I make this recipe all the time substituting vegetable stock for chicken stock (its especially good if you make your own stock and include the cilantro stems) and adding sliced avocado in place of the chicken. It's fabulous.

08/15/00 – maybe a touch too much lime juice... but otherwise easy and very tasty – my mouth waters just thinking about it!!!

08/03/00 – This soup was delicious and refreshing. I love cilantro and it was especially good in this. Just as good the next day, it was all gone after that. I also thought the little bit of sour cream was a nice touch.

07/02/00 – I eliminated the chicken, and added about half a pound of lump crabmeat after the lime juice and cilantro. This is a great, simple recipe.

05/30/00 – A lot of my friends thought that this soup sounded awful, but they sure ate their words when they tried it. The lime and cilantro flavors are so complimentary. A definite keeper for future. It is especially good with chopped avocado and cheese.

05/26/00 – couldn't be easier or better! The lime makes the dish.

05/08/00 – This is a wonderfully refreshing and tasty recipe. My husband, who isn't a big soup eater, LOVED this one. I think it was even better the second day after the flavors had a chance to combine. This one is a definite keeper.

04/20/00 – Wow, is the only description that anyone has when they try it. It has such an refreshing flavor from the lime and the cilantro is mellowed enough even for non-cilantro lovers. If I had to choose only one soup to ever eat again, it would be this one! Instead of the chicken breasts, I use fresh chicken tenders that I cut in half. They are more tender than breasts and most of the time cheaper too. Less cutting also is attractive.

01/26/00 – This soup is so wonderful. I used seafood; chunks of red snapper and shrimp in lieu of chicken – it was wonderful. I topped the soup with crumbled Mexican cheese and avocado slices. Nice texture and delicious flavor – I am looking forward to making this

soup when its ingredients are in season – fresh vine-ripened tomatoes, grilled sweet corn on the cob, and avocados – think I'll use lobster tails...yum!

01/24/00 – This soup went head-to-head with three others at a new year's day open house and won hands down. You can simplify it further by substituting fresh supermarket salsa for the tomatoes and hot pepper. Grilled corn also makes a wonderful addition.

09/18/99 – Easy to make, and very tasty. The flavors blend exceptionally well. I have modified the recipe by increasing the chicken broth to 6 cups, and adding 3/4 cup of cooked white rice just before serving. I have also found that the cooked soup freezes well.

09/15/99 – This is a quick and tasty recipe! I served salad and garlic bread with this to make it a complete dinner. Instead of chili powder, I added a serrano chile, finely minced, for a little more spice!

07/09/99 – This is a fantastic and fast recipe, great for a late weekday dinner. I add rice and avocado slices.

06/03/99 – I have made this soup repeatedly. It's quick, easy, and tasty.

04/29/99 – This is easy, quick, healthy, and extremely tasty. The flavors combine so well. With the exception of non-cilantro fans, everyone will love this soup. It also freezes well. I top this soup w/corn tortilla strips.

04/27/99 – This soup is fast, easy, light, and tasty. I added cumin and coriander as well as chili powder. –