

Tortilla Soup

Yield: 4 servings

Ingredients

3 corn tortillas
 3 large tomatoes, halved
 1 red bell pepper, halved
 1 cup chopped mushrooms
 ¼ of an onion, chopped
 ½ tablespoon garlic, roughly chopped
 1 teaspoon ground cumin
 1 dried chipotle chili
 3½ sprigs fresh cilantro
 1½ cups water, divided
 1 teaspoon smoked paprika
 ¼ teaspoon chili powder
 ½ teaspoon kosher salt
 1 cup fresh or frozen corn
 1 cup fresh or frozen green peas
 ¼ cup thinly sliced green onions, white and green parts
 ¼ cup chopped fresh cilantro
 ½ avocado, diced
 ¼ cup chopped tomatoes
 ½ lemon, for juicing

Instructions

1. Preheat the oven to 400 degrees.
2. Line a baking sheet with parchment paper.
3. Cut the tortillas into ¼ inch strips and spread on the baking sheet. Bake until crispy, 5 to 10 minutes. Set aside.
4. Meanwhile, place the tomato, bell pepper, mushroom, onion, garlic, cumin, chipotle chili, cilantro sprigs, ½ cup water, smoked paprika and chili powder in a large saucepan or Dutch oven. Bring to a boil over high heat. Reduce the heat to medium, and simmer, covered, stirring occasionally, until the vegetables are tender, 20 to 30 minutes.
5. Remove and discard the chili.
6. Transfer the soup to a blender and blend until smooth. Pour the mixture back into the pan.
7. Add the salt and 1 cup water. Bring to a boil, uncovered, over medium to high heat, then reduce the heat to medium and simmer until the soup thickens, about 10 minutes.
8. Add the corn and peas and cook until tender but still crisp, about 5 minutes.
9. To serve, garnish each serving of soup with green onions, cilantro, avocado, tomatoes and the corn strips. Squeeze some lemon juice on top.

Nutrition Information

Serving Size: 1 cup (297 g)

Calories: 167
 Total Fat: 4.3 g
 Saturated Fat: 0.5 g
 Monounsaturated Fat: 3.8 g
 Sodium: 391 mg
 Total Carbohydrate: 29.3 g
 Dietary Fiber: 6.9 g
 Sugars: 9.6 g
 Protein: 6.6 g

Source: Darshana Thacker, Forks Over Knives



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