

Tasty Tortilla Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10 Servings

Ingredients	Quantity	Measure
Vegetable oil	1.5	ounces
Garlic, minced	1	ounce
Onion, diced	1.5	pounds
Carrot, cut into circles ½- inch thick	1.25	pounds
Potato, peeled and cut into 1-inch cubes	1.25	pounds
Jalapeno, fresh, seeded and cut in half	1	whole
Tomatoes, canned, diced	1	28-ounce can
Cilantro, chopped	4	ounces
Tomato puree	1	29-ounce can
Vegetable broth	2	quarts
Salt	1	Tablespoon
Black pepper	2	teaspoons
Black beans, drained, rinsed	5	cups
Lime, juiced	1	Tablespoon
Tortilla chips	20	ounces
Water, use to too thin if needed	8	ounces

Preparation

1. In large stock pot, on medium high heat, pour oil in followed by the onions. Cook for 3-5 minutes, until softened. When onions have softened add the garlic and stir.
2. Add the carrots, potatoes and jalapeno to the onions and garlic. Stir often and cook for 3-5 minutes.
3. Add the canned tomato and the cilantro and cook for 3-5 minutes, stirring occasionally.
4. Lastly, add the tomato juice, vegetable broth, salt, and pepper.
5. Bring to boil and simmer for approximately 20-30 minutes or until the carrots and potatoes are fork tender.
6. Add black beans and stir, hold hot until service or cool for storage



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Tasty Tortilla Soup Continued

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Serving Information/Notes

Place 2 ounces of tortilla chips in the bottom of a bowl. Using a 10-ounce ladle pour soup over chips.

Provides

2 M/MA-black beans

1 Grain-Tortilla chips

1 ½ RO- carrots, tomatoes and tomato puree

½ Starchy- potatoes

½ Other- onion

Nutrition Information *From USDA Nutrient Database

Calories: Total Fat: g Saturated Fat: g Monounsaturated Fat: g Polyunsaturated Fat: g

Trans Fat: 0g Cholesterol: 0mg Carbohydrate: g Fiber: g Total Sugar: g Protein: g Sodium: mg

Vitamin A: µg Vitamin C: mg Calcium: mg Iron: mg Folate: µg



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