

# Vegetarian Tortilla Soup

Serving Size: 1½ cups

Serves: ~12

## Ingredients

2 tablespoons extra virgin olive oil  
1 large onion, chopped  
1 poblano pepper, seeded and chopped  
2 cloves garlic, minced  
½ pound frozen whole kernel corn  
2-3 tablespoons corn tortilla masa or cornmeal  
3 tablespoons ground cumin  
2 (14oz) cans no added salt diced tomatoes  
1 can diced green chilies, drained  
2 chipotle peppers in Adobo sauce, seeded and diced  
1 tablespoon Adobo sauce from the can of peppers  
Pinch of salt and pepper  
6-8 cups low sodium vegetable broth

½ - 1 cup vegetable oil  
1 pound of fresh corn tortillas, cut into 1" x 2" strips  
2 avocados, peeled, pitted and chopped  
1 cup reduced fat sharp cheddar cheese, shredded

## Directions

Heat the oil in a large soup pot over medium heat. Add the onions, poblano, garlic, corn, masa and cumin and sauté until the onions are tender.

Stir in the tomatoes, chilies, Adobo peppers and sauce, salt and pepper and the broth. Bring to a boil, reduce heat and simmer for 30 minutes. Adjust the amount of broth and masa for the desired texture of the soup.

Meanwhile, heat the vegetable oil in a large skillet. Quickly fry the tortilla strips and drain on paper towels. Have the oil hot enough so that the tortillas sizzle when added. Oil not hot enough will cause the tortillas to soak up too much oil and be greasy.

Dish the soup into bowls over the tortilla chips and top with cheese and avocado pieces.

*Your kitchen will be filled with the warm aromas of the Southwest as you feast on this delicate but flavorful soup on a cold sun filled day.*

## Exchanges per serving:

2 Starches, 1 Vegetable, 4 Fats

## Nutrients per serving:

Calories: 316

Calories from fat: 179

Total Fat: 20g

Cholesterol: 7mg

Sodium: 256mg

Total Carbohydrate: 32g

Dietary Fiber: 6g

Protein: 7g