Tortilla Soup

Source: Isis Israel, associate of the Educational Alliance Project Cancer, senior distributor of Saladmaster

A plant-based take on a classic Mexican dish!

About the Recipe

147 Calories · 4.2 g Protein · 5 g Fiber
Dinner

Ingredients

Makes 6 Servings

- 1 yellow onion, diced
- 1/4 tsp (1.2 mL) ground black pepper
- 10 Roma tomatoes, cored and quartered
- 1 carrot, grated
- 1 zucchini, grated
- 5 cloves garlic, grated
- 6 c (1,420 mL) low-sodium vegetable broth
- 1 dried chipotle pepper, stemmed and seeded
- 10 yellow corn tortillas, sliced into thin strips
- 1/2 c (8 g) cilantro leaves, for garnish
- 2 limes, cut in wedges, for garnish

Directions

1. Preheat wok over medium heat. When several drops of water sprinkled on pan skitter and dissipate, add onion and black pepper to taste. Cook, stirring frequently, until onions are translucent; approximately 10 minutes.

2. Stir in tomatoes, carrot, zucchini, and garlic. Cook for 10 minutes, stirring frequently.
3. Pour in broth and add chipotle pepper. Allow contents to reach just below a boil, then reduce to a simmer and cook, covered, for 15 minutes.
4. Stir in tortillas and cook 10 minutes, until they soften. Remove and discard the chipotle pepper.
5. Serve hot, garnished with cilantro and lime.

Nutrition Facts

Per serving (1/6 of the recipe):

Calories: 147

Total Fat: 1.6 g

Saturated Fat: 0.2 g

Calories From Fat: 9.1%

Cholesterol: 0 mg

Protein: 4.2 g

Carbohydrate: 32.5 g

Sugar: 7.8 g

Fiber: 5 g

Sodium: 975 mg

Calcium: 72 mg

Iron: 1.7 mg

Vitamin C: 26.5 mg

Beta-Carotene: 1,702 mcg

Vitamin E: 0.8 mg