

Carla's Tortilla Soup

Carla Hall

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1 tablespoon vegetable oil
1 large (1 pound) white onion, finely diced
4 medium cloves garlic, crushed
1 jalapeno chile pepper, diced
1 can (16 oz) diced fire roasted tomatoes
2 teaspoons dried oregano
2 teaspoons cumin
salt and pepper to taste
8 cups low-sodium chicken broth
1/2 bag (15 oz) tortilla chips, broken up
1 can black beans, drained and rinsed
1 ear fresh corn, shucked, roasted and cut off the cob
1 zucchini, diced and sautee'd

GARNISHES

1 lime, cut into wedges
1 avocado, diced
8 ounces Monterey Jack cheese, shredded or finely diced
tortilla chips
sour cream mixed with chopped fresh cilantro, lime juice and salt to taste

Heat oil in a large saucepan over medium heat.

Saute' the onion for 5 minutes, then add the garlic and chiles.

Add the diced tomatoes and spices. Season with salt and pepper.

Add the broth. Bring to a boil then reduce heat. Simmer for 25 minutes.

Add the tortilla chips to the tomato base and simmer until the chips dissolve.

Add the black beans, corn and zucchini.

Adjust the seasoning with salt.

Serve hot with the garnishes.

Per Serving (excluding unknown items): 2476 Calories; 142g Fat (44.0% calories from fat); 200g Protein; 209g Carbohydrate; 45g Dietary Fiber; 202mg Cholesterol; 1674mg Sodium. Exchanges: 10 Grain(Starch); 20 Lean Meat; 3 1/2 Vegetable; 1 1/2 Fruit; 19 Fat.