

Spicy Vegetarian Tortilla Soup



A healthy, low~fat, low~carb soup that's great served hot or chilled

Makes 4 servings

3/4c onion, chopped	1t cumin
2 garlic cloves, minced	4c vegetable stock
1/4c salsa	4 ~ 6" corn tortillas, cut into 1/2" wide strips
1c frozen corn	1 1/2c tomatoes, chopped
2 jalapeno peppers, seeded, diced	1c black beans, do not drain
1 red bell pepper, seeded, diced	1 small zucchini, diced
lime juice, sliced avocado, sour cream, cilantro	

Spray large stock pot with nonstick cooking spray. Add onion, garlic, jalapeno and red bell pepper and cook until almost tender. Stir in salsa, cumin and corn. Add broth and bring to boil. Reduce heat and simmer, covered, for 30 minutes.

Add tortillas, tomatoes, beans and zucchini. Cover and simmer until zucchini is tender, about 5 minutes.

Ladle into bowls. Garnish with a splash of lime juice, sliced avocado, a dollop of sour cream and chopped cilantro.

Prepare Ahead Tip

Soup can be made, refrigerated and reheated. Garnish when ready to serve.