

Tortilla Soup

DEVELOPED BY: University of Iowa

Ingredients	Quantity	Measure
Yellow Onion, Diced	8	Ounces
Yellow Bell Pepper, Diced	6	Ounces
Carrots, diced	5	ounces
Garlic, minced	2	Tablespoons
Canola Oil	2	Tablespoons
Cumin Seed, toasted	1	Tablespoon
Oregano, dried	1	Tablespoon
Chili Powder	1	Tablespoon
Cayenne Pepper	1	Tablespoon
Salt, Kosher	1	Tablespoon
Crushed Tomato, caned	8	Ounces
Non-dairy milk or cream	2	Cups
Moocho Cheddar Cheese	½	Cup
Vegetable broth	3 ½	Cups
Lime, juiced	3	Tablespoons
Corn Tortillas, 4.5"	7	Each
Fried tortilla strips, optional		Garnish
Cilantro, optional		Garnish
Avocado, chopped, optional		Garnish

Preparation

1. Heat oil. Saute veggies and spices until onions are translucent.
2. Add crushed tomatoes and lime juice. Cook about 5 minutes.
3. Add vegetable broth, water and vegan milk or cream. Bring to a simmer.
4. Cut tortillas into squares and add. Simmer for 10 minutes. Adjust seasoning as needed.
5. Blend in Vitamix blender until smooth.
6. Garnish with tortilla chips, avocado chunks, dairy-free cheese and cilantro.