Vegetarian Tortilla Soup

Yield: 4 to 6 servings

This vegetarian tortilla soup is so flavorful and easy to make! It’s full of zesty flavor, featuring black beans and adobo sauce.

Ingredients

For the tortilla strips
- 6 6-inch corn tortillas
- Olive oil
- Kosher salt

For the vegetarian tortilla soup
- 1 yellow onion
- 1 green bell pepper
- 4 medium garlic cloves
- 2 15-ounce cans black beans
- 2 tablespoons extra-virgin olive oil, plus more for brushing
- 2 teaspoons dried oregano
- 1 teaspoon cumin
- 1 28-ounce can crushed tomatoes (fire roasted, if possible)
- 1½ cups frozen corn or 15-ounce can corn
- 1 tablespoon adobo sauce (from 1 can chipotle peppers in adobo sauce)
- 1 quart (4 cups) vegetable broth
- 1 teaspoon kosher salt, plus more for sprinkling
- 4 radishes, for garnish
- 1 lime, for garnish
- 1 handful cilantro, for garnish
Instructions

1. Heat oven to 375°F.

2. Make the tortilla strips: Brush the tortillas lightly with olive oil on each side. Using a pizza cutter, slice them in half, then into thin strips. Place the strips on a baking sheet and sprinkle with kosher salt. Bake for 10 to 12 minutes until crispy and lightly browned.

3. Prep the veggies: Peel and dice the onion. Dice the green pepper. Peel and mince the garlic. Drain and rinse the beans.

4. Make the soup: In a large pot or Dutch oven, heat 2 tablespoons olive oil and sauté the onion until translucent, about 5 minutes. Add the green pepper and the garlic and sauté for 2 minutes. Stir in the oregano and the cumin for 1 minute. Add the tomatoes, beans, corn, adobo sauce, broth, and kosher salt. Bring to a boil, then simmer for 10 minutes. Taste and add additional adobo sauce or kosher salt if desired.

5. Prep the garnishes: Slice the radishes. Slice the lime into wedges.

6. Serve: To serve, ladle the soup into bowls and allow to cool to warm. Garnish with the tortilla strips, radishes, torn cilantro leaves, hot sauce, and plenty of lime juice.

nutrition facts

Serves 6
Calories Per Serving: 286

<table>
<thead>
<tr>
<th>% DAILY VALUE</th>
<th>Total Fat 6.5g 8%</th>
<th>Saturated Fat 1g</th>
<th>Total Carbohydrate 50.1g 18%</th>
<th>Dietary Fiber 13.2g 47%</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugars 6.5g</td>
<td>Protein 11.6g 23%</td>
<td>Vitamin A 27.6µg 3%</td>
<td>Vitamin C 63mg 70%</td>
<td></td>
</tr>
<tr>
<td>Calcium 118.5mg</td>
<td>Iron 4.1mg 23%</td>
<td>Vitamin D 0µg 0%</td>
<td>Magnesium 92.6mg 22%</td>
<td></td>
</tr>
<tr>
<td>Potassium 898.5mg</td>
<td>Vitamin B6 0.4mg 21%</td>
<td>Vitamin B12 0µg 0%</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>