

Fiesta Tortilla Soup

Tortilla Soup is probably the best-known of Mexico's delectable soups. Take this opportunity to try an Hispanic cheese. Among the most widely available are Queso Asadero (creamy, similar to Jack) and Queso Fresco (crumbly, like a mild-tasting Feta). Kids will have fun showering their soup with garnishes – avocado, cheese, crunchy tortilla strips, and fresh lime juice.

- 4 (6-inch) corn tortillas
- 4 teaspoons vegetable or olive oil, divided
- 1 can (15-ounce) sodium-reduced black or pinto beans, drained
- 1 ½ cups chopped white onion
- 1 cup seeded, thinly sliced fresh poblano or Anaheim chilies
- 1 clove garlic, finely chopped or pressed
- 1 ½ teaspoons ground cumin
- 1 can (14-ounce) sodium-reduced chicken broth
- 1 cup water
- 2 cups chopped, seeded tomatoes
- 1 cup sliced zucchini (halved lengthwise and cut into ¼-inch slices)
- 1 ½ teaspoons dried oregano leaves
- 1 cup frozen corn, thawed
- ½ cup fresh cilantro leaves
- Salt and ground pepper, to taste (optional)
- 1 cup (4 ounces) shredded Queso Asadero, Queso Fresco, Jack, or Pepper-Jack cheese
- ¾ cup avocado, peeled and cut into bite-size cubes
- 1 lime, cut into 4 wedges

Preheat oven to 400°.

1. Stack tortillas, slice in half, then cut into ¼-inch strips. In medium bowl, toss tortilla strips with 2 teaspoons oil. Spread on baking sheet. Toast in oven for 10 to 15 minutes or until crisp, stirring once or twice. Remove from oven and cool. Reserve for garnish.
2. Rinse drained beans in water; drain again, set aside. Heat remaining 2 teaspoons vegetable oil in large soup pot over medium heat. Add onion, chilies, and garlic. Stir and cook until onion is soft, 3 to 4 minutes. Add cumin and stir until fragrant. Add broth, water, tomatoes, zucchini, and oregano. Cover, bring to a boil, then reduce heat and simmer gently 10 minutes. Add reserved beans and corn; cover and simmer 5 minutes. Remove from heat and stir in cilantro.
3. To serve, ladle soup into bowls and top each serving with cheese, avocado, and tortilla strips. Pass lime wedges to squeeze into soup.

Prep time: 20 minutes • Cook time: 20 minutes • Makes: 4 servings



Variation:

Chicken Tortilla

Soup: Add 1 ½ cups chopped or shredded cooked chicken along with corn.

Cook's Tips:

- In a hurry? Use 1 can (28-ounce) diced tomatoes, drained, instead of chopped tomatoes. And, use unsalted, baked (not fried) tortilla chips to garnish soup instead of making your own from tortillas.
- For a milder flavor, substitute red, green, or yellow bell peppers for the poblano chilies. For more heat, add 1 to 2 tablespoons finely chopped fresh serrano or jalapeno peppers along with the onion.

Nutrients per serving:

Calories	370
Protein	17 g
Total Fat	15 g
(Saturated Fat	5 g)
Carbohydrate	51 g
Calcium	278 mg
Cholesterol	20 mg
Fiber	12 g
Sodium	738 mg

