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Vegetable Tortilla Soup ·

Vegetable Tortilla Soup is a delicious and hearty soup made with a blend of fresh vegetables, spices, and crispy tortilla strips. It is a popular Mexican dish that is perfect for cold weather or anytime you're craving a comforting meal. The soup is typically consumed as a main course and can be topped with various garnishes such as avocado, cheese, sour cream, and cilantro.

Recipe Type: Vegetarian

Prep Time: 15 mins

Cook Time: 30 mins

Total Time: 45 mins

Recipe Yield: 1000 grams

Number of Servings: 4

Serving Size: 250 g

Ingredients

6 c	vegetable broth
2 c	Tomatoes
1 cup	onion
1 cup	bell pepper

1 c	corn
1 c	Black Beans
3 cloves	garlic
1 tsp	Cumin
1 tsp	Chili powder
1 tsp	Salt
0.5 tsp	Pepper
2 tbsp	olive oil
1 c	tortilla chips
1 c	Avocado
1 c	cheese
1 c	sour cream
0.5 c	Cilantro

Directions

Step 1

Stove

In a large pot, heat olive oil over medium heat. Add onion and garlic, and cook until softened.

Prep Time: 5 mins

Cook Time: 5 mins

Step 2

Stove

Add bell pepper, corn, black beans, tomatoes, cumin, chili powder, salt, and pepper.

Cook for another 5 minutes.

Prep Time: 5 mins

Cook Time: 5 mins

Step 3

Stove

Pour in vegetable broth and bring to a boil. Reduce heat and simmer for 15 minutes.

Prep Time: 5 mins

Cook Time: 15 mins

Step 4

Oven

While the soup is simmering, preheat the oven to 375°F (190°C).

Prep Time: 5 mins

Cook Time: 0 mins

Step 5

Oven

Cut tortilla chips into strips and spread them on a baking sheet. Bake for 10 minutes or until crispy.

Prep Time: 5 mins

Cook Time: 10 mins

Step 6

Serve the soup hot, topped with tortilla strips, avocado, cheese, sour cream, and cilantro.

Prep Time: 5 mins

Cook Time: 0 mins

Nutrition Facts

Calories: 250 kcal

Fat: 10 g

Protein: 8 g

Carbohydrates: 30 g

Nutrition Facts

Proteins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Protein	8 g	47.06%	47.06%

Carbohydrates

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Carbohydrates	30 g	54.55%	60%
Fibers	8 g	21.05%	32%
Sugars	5 g	N/A	N/A
Lactose	0 g	N/A	N/A

Fats

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Monounsaturated Fat	5 g	N/A	N/A
Saturated Fat	3 g	13.64%	17.65%
Fat	10 g	35.71%	40%
Cholesterol	10 mg	N/A	N/A

Vitamins

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin A	10 iu	1.11%	1.43%

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Vitamin C	20 mg	22.22%	26.67%
Vitamin B6	0 mg	0%	0%
Vitamin B12	1 mcg	41.67%	41.67%
Vitamin E	2 mg	13.33%	13.33%
Vitamin D	0 mcg	0%	0%

Minerals

Nutrient	Value	% Daily Intake (Males)	% Daily Intake (Females)
Sodium	800 mg	34.78%	34.78%
Calcium	15 mg	1.5%	1.5%
Iron	10 mg	125%	55.56%
Potassium	500 mg	14.71%	19.23%
Zinc	1 mg	9.09%	12.5%
Selenium	10 mcg	18.18%	18.18%

Recipe Attributes

Seasonality

Summer

Fall

Events

Picnic

Cuisines

Mexican

Thai

Mediterranean

Spanish

Course

Soups

Snacks

Sauces & Dressings

Cultural

Chinese New Year

Cinco de Mayo

Diwali

Hanukkah

Oktoberfest

Passover

Ramadan

St. Patrick's Day

Thanksgiving

Christmas

Meal Type

Lunch

Dinner

Snack

Difficulty Level

Medium

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