

Vegan Mexican Tortilla Soup

Yield: 2 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-haystacks-recipe-coconut>

Ingredients:

- 1 tablespoon coconut grapeseed, or sunflower oil
- 1 yellow onion medium, diced
- 2 cloves garlic minced
- 1 pasilla pepper a green bell pepper works here, too, chopped
- 1 zucchini chopped into ½ inch cubes
- 1 serrano pepper minced
- 1 teaspoon cumin
- 1 teaspoon chili powder depending on spice preferences
- 3 cups water or vegetable broth
- 15 ounces diced tomatoes
- 1/2 cup frozen corn or canned, optional
- 15 ounces black beans
- 1/2 teaspoon oregano
- salt
- pepper
- avocado cubed
- tortilla chips
- lime juice Freshly squeezed
- red onion diced
- cilantro

Nutrition:

1. Calories: 550 calories
2. Carbohydrate: 95 grams
3. Fat: 13 grams
4. Fiber: 32 grams
5. Protein: 23 grams
6. SaturatedFat: 1.5 grams
7. Sodium: 1330 milligrams

8. Sugar: 16 grams

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