

# Mexican-Style Tomato Soup

Yield: 4 min  
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-red-chili-soup-recipe>

## Ingredients:

- 2 tablespoons extra virgin olive oil
- 1/2 red chili pepper
- 2 cloves garlic
- 1 onion
- 1 handful fresh cilantro
- 10 ounces piquillo peppers or roasted red peppers, 290 g
- 28 ounces chopped tomatoes 800 g
- 1 teaspoon ground cumin
- 1/2 cup coconut milk 125 ml
- sea salt
- black pepper
- lime
- tortilla chips
- veggies

## Nutrition:

1. Calories: 320 calories
2. Carbohydrate: 28 grams
3. Cholesterol: 15 milligrams
4. Fat: 21 grams
5. Fiber: 5 grams
6. Protein: 10 grams
7. SaturatedFat: 9 grams
8. Sodium: 510 milligrams
9. Sugar: 9 grams

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