

Mexican Vegetable Soup

Yield: 10 min
Total Time: 45 min

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

Ingredients:

- 1 tablespoon olive oil
- 3 bell peppers diced, I used 1 red, 1 green, and 1 yellow
- 1/2 red onion diced
- 1 jalapeño seeded and diced
- 3 cloves garlic minced or pressed
- 2 tablespoons ground cumin
- 1/2 teaspoon dried oregano
- 1/4 teaspoon cayenne pepper
- 28 ounces diced tomatoes
- 8 ounces chile pepper mild diced green
- 8 cups vegetable broth
- 1 can corn drained
- 2 cans black beans rinsed and drained
- 1 zucchini diced
- salt to taste
- lime juice
- avocado
- cilantro
- tortilla strips
- cheese
- sour cream

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 36 grams
3. Cholesterol: 10 milligrams
4. Fat: 7 grams
5. Fiber: 10 grams
6. Protein: 11 grams

7. SaturatedFat: 2 grams
 8. Sodium: 1330 milligrams
 9. Sugar: 7 grams
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