

Vegetarian Tortilla Soup

Yield: 6 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/mexican-white-goat-cheese-dip-recipe>

Ingredients:

- 7 corn tortillas cut in half and then into matchstick-thin strips
- extra-virgin olive oil a big splash of
- salt fine grain sea
- 20 tomatoes small yellow or red cherry
- extra virgin olive oil another splash of
- 3 cloves garlic chopped
- 1 white onion large, chopped
- 1 teaspoon ground cumin
- 2 teaspoons ground coriander
- 1 teaspoon cayenne or other spicy red chili powder
- 14 ounces crushed tomatoes
- 6 cups vegetable broth or water
- 3 sun dried tomatoes chopped
- 1/4 cup goat cheese crumbled

Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 10 milligrams
4. Fat: 11 grams
5. Fiber: 8 grams
6. Protein: 11 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 1260 milligrams
9. Sugar: 16 grams

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