

# Qdoba Mexican Gumbo Soup

Yield: 4 min  
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-mexican-gumbo-qdoba-recipe>

## Ingredients:

- 2 tablespoons olive oil
- 1 cup red bell pepper diced
- 1 cup green bell pepper diced
- 1 cup white onion chopped
- 2 cloves garlic minced or pressed
- 3 tablespoons ground cumin
- 28 ounces crushed tomatoes
- 3 cans chile peppers chopped Green, drained
- 56 ounces vegetable broth
- 1/2 cup freshly squeezed lime juice
- 3 cups cooked white rice
- 3 cups black beans cooked
- 16 ounces pico de gallo
- cilantro to garnish, optional
- cheese to serve
- sour cream to serve
- avocado to serve

## Nutrition:

1. Calories: 760 calories
2. Carbohydrate: 84 grams
3. Cholesterol: 70 milligrams
4. Fat: 33 grams
5. Fiber: 18 grams
6. Protein: 39 grams
7. SaturatedFat: 9 grams
8. Sodium: 4060 milligrams
9. Sugar: 16 grams

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