

Weeknight Tortilla Soup

Yield: 7 min
Total Time: 50 min

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

Ingredients:

- 2 tablespoons olive oil
- 2 garlic cloves
- 1 onion diced
- 1 poblano pepper diced
- 2 jalapeno peppers diced
- 2 carrots peeled and diced
- 2 tablespoons cumin
- 2 teaspoons coriander
- 15 ounces fire roasted tomatoes
- 1 can crushed tomatoes
- 2 cans corn rinsed and drained
- 2 cans black beans rinsed and drained
- 4 cups vegetable broth
- 4 corn tortillas
- 1 avocado diced
- 1/4 cup chopped cilantro
- lime wedges

Nutrition:

1. Calories: 350 calories
2. Carbohydrate: 58 grams
3. Fat: 10 grams
4. Fiber: 17 grams
5. Protein: 13 grams
6. SaturatedFat: 1 grams
7. Sodium: 1120 milligrams
8. Sugar: 6 grams

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