

# Summer Harvest Tortilla Soup



Ready in **30 minutes**

Serves **4**

Recipe from *Oh She Glows*, by *Angela Liddon*

## Equipment

- Cutting board
- Knife
- Medium/Large pot
- Can opener
- Spatula
- Measuring cups
- Bowls and cutlery
- Scissors
- Baking sheet
- Pastry brush (optional)

## Ingredients

- 1 onion, diced
- 3 cloves garlic, minced
- 1 red bell pepper, diced\*
- 1 jalapeno (optional)
- 1 ½ cp corn (frozen or canned or kernels from 2 cobs)\*
- 1 zucchini, sliced in ½ moons or quarters\*
- 1- 24 oz. can of crushed tomatoes
- 3 cp (750ml) vegetable broth
- 2 tsp cumin
- ½ tsp chili powder
- ¼ tsp cayenne pepper
- 1- 15 oz can black beans rinsed and drained
- Salt and pepper and olive oil
- Optional toppings- avocado, lime, cilantro, tortilla/pita chips (recipe below)

## Preparation

1. Heat your large pot with a drizzle of oil over medium heat. Saute the onion and garlic with salt and pepper.
2. Add your chopped vegetables (bell pepper, jalapeno, corn, and zucchini). Increase heat to medium high and saute for 10 minutes.
3. Add your tomatoes, broth and spices, then season with salt and pepper.
4. Bring to a boil and hold over medium heat at a simmer for 10-15 minutes or until vegetables are softened.

5. Add the black beans and simmer for 2 more minutes.
6. While the soup simmers, prep your optional **toppings- fresh lime wedges, chopped cilantro, sliced avocado, cheese and homemade (see below) or store bought tortilla or pita chips.**

\*feel free to substitute in additional vegetables that are in season or available to you.

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## Toasted Spiced Chips

### Ingredients

- 2 tortillas or pitas
- ½ tsp garlic powder
- ½ tsp cumin
- ½ tsp paprika
- ¼ tsp salt
- Olive oil

### Instructions

1. Preheat the oven to 400 F
2. Use kitchen scissors to cut the tortillas/pita into wedges (the size of tortilla chips) or strips.
3. Arrange them on a baking tray and brush with olive oil. If you do not have a brush you can thinly spread it with a spoon or use cooking spray.

4. Mix the spices together and sprinkle them generously across the chips.
5. Bake for 7-9 minutes, or until golden (less if using thin strips). Cool for 5-10 minutes as the chips become crispy.