

Tortilla Soup



Makes:

6 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Gourmet Wok with Cover

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Recipe:

Contributed By:

Isis Israel
Authorized Saladmaster® Dealer

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- 1 large yellow onion, strung, use Cone #2
- freshly ground black pepper, to taste
- 10 roma tomatoes, cored and quartered
- 1 carrot, processed, use Cone #3
- 1 zucchini, processed, use Cone #3
- 5 garlic cloves, shredded, used Cone #1
- 6 cups
vegetable broth
(1.4
L)
- 1 dried chipotle pepper, stemmed and seeded
- 10 yellow corn tortillas, sliced into thin strips
½ cup
cilantro leaves, for garnish
(8
g)
- 2 limes, cut in wedges, for garnish

Directions:

1. Preheat wok over medium heat. When several drops of water sprinkled on pan skitter and dissipate, add onion and black pepper. Cook, stirring frequently, until onions are translucent; approximately 10 minutes.
2. Stir in tomatoes, carrot, zucchini and garlic. Cook for 10 minutes, stirring frequently.
3. Pour in broth and add chipotle pepper.
4. Allow contents to reach just below a boil, then reduce to a simmer and cook, covered, for 15 minutes.
5. Stir in tortillas and cook 10 minutes, until they soften. Remove and discard the chipotle pepper.
6. Serve hot, garnished with cilantro and lime.

Nutritional Information per

▼ Serving

Calories: 147

Total Fat: 2g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 975mg
Total 33g
Carbs:
Dietary Fiber: 5g
Sugar: 8g
Protein: 4g
