

Recipe for

TORTILLA SOUP



INGREDIENTS

SERVES 4

PREP TIME/TOTAL TIME 15/30 MIN

APPROX NUTRITION INFORMATION

Per Serving	
Total Calories	98
Fat	3 g
Protein	1.2 g
Carbohydrates	21.5 g
Fiber	3.8 g

- 3 medium tomatoes, cut into quarters
- 2 large red/orange/ yellow bell peppers (or mix them up), coarsely chopped
- 1/4 cup sundried tomatoes, soaked for 30 min.
- 2 large stalks celery, coarsely chopped
- 2 Medjool dates (Pitted & Soaked for 30 min.)
- 3/4 cups HOT water
- 1 to 1.5 tbsp lime juice
- 1 tsp. sea salt(optional)
- 1 tbsp cumin powder
- 1 tsp. chili powder
- 1/2 tsp. smoked paprika
- 2- 3 cloves garlic(spice preference)
- Pinch of cayenne pepper
- 2/3 avocado – to thicken (add this near the end)
- 1/4 cup fresh cilantro, packed (add this in at the very end.)

DIRECTIONS

Blend all ingredients (minus the avocado AND CILANTRO) in a high speed blender – such as a Vitamix – until smooth. Soup can be served at room temperature or let the blender run several minutes and serve hot.

Once soup is smooth and at desired temperature, add approximately 1/3 avocado and blend again for about 20 seconds. Cut 1/3 avocado into small chunks and save for later.

Add the 1/4 cup of cilantro and blend for just a few seconds to break it into small flecks.

The avocado is added AT THE END so that the soup doesn't turn into a mousse. Adjust seasoning and flavors to taste. Pour into bowls and top with chopped veggies such as cilantro, red onion, and avocado chunks.





Grocery List

TORTILLA SOUP



Produce

- ☐ 3 Medium Tomatoes
- ☐ 2 Large Red/Orange/Yellow Bell Peppers
- ☐ Sun Dried Tomatoes
- ☐ 2 Large Stalks Celery
- ☐ 2 Medjool Dates
- ☐ 2 Limes
- ☐ 2-3 Cloves of Garlic
- ☐ 1 Avocado
- ☐ 1 Bunch Fresh Cilantro



Seasoning

- ☐ Sea Salt
- ☐ Cumin
- ☐ Chili Powder
- ☐ Smoked Paprika
- ☐ Cayenne Pepper