



Classic Tortilla Soup

 Vegetarian  Gluten Free

READY IN



56 min.

SERVINGS



6

CALORIES



518 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 slices avocados diced peeled
- 6 cups chicken broth
- 1 medium new mexico chile dried stemmed seeded
- 6 to 8 chipotle chiles in adobo sauce canned for garnish
- 2 1-inch corn tortillas
- 6 2-inch corn tortillas cut into 1/ wide strips
- 6 servings regular cream sour for serving
- 1 mild feta cheese crumbled

- 4 garlic cloves unpeeled
- 1 small a of a onion white 1-inch-thick peeled
- 4 large plum tomatoes
- 6 servings salt and pepper black freshly ground
- 6 servings vegetable oil for shallow frying

Equipment

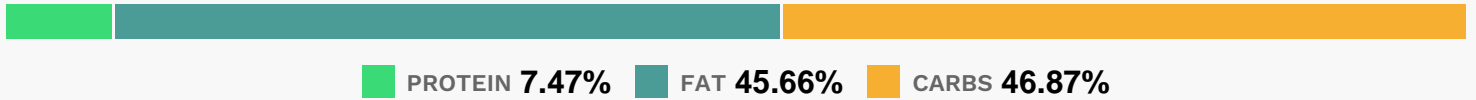
- bowl
- frying pan
- paper towels
- sauce pan
- ladle
- blender
- slotted spoon

Directions

- Watch how to make this recipe.
- Heat a heavy saute pan over medium-high heat.
- Add the tomatoes, peeled onion, and unpeeled garlic cloves. Roast, turning frequently, until the garlic is soft, about 10 minutes.
- Remove the garlic when soft, but slightly blackened. Peel the garlic and set aside.
- Add the chile and continue to cook for another 2 to 4 minutes.
- Remove the onion and set aside. Continue to cook the tomatoes until charred and blackened, another 5 minutes.
- Put the garlic, chile, onion, tomatoes, tortillas, and 2 cups chicken broth in a blender. Blend until smooth.
- Pour into a large saucepan and add the remaining 4 cups chicken broth. Bring the mixture to a boil, reduce the heat and simmer for 20 minutes. Season with salt and pepper, to taste.
- Tortilla strips: In a medium, heavy skillet, pour enough oil to reach a depth of 1/2 an inch.
- Heat over medium-high heat until very hot, but not smoking.

- Add the tortilla strips in batches and fry until golden and crisp, about 2 minutes.
- Remove with a slotted spoon and drain on paper towels. Set aside.
- To serve, ladle the soup into 6 individual serving bowls.
- Serve whole chipotle chiles, Mexican sour cream, avocados, cheese, and tortilla strips on the side.

Nutrition Facts



Properties

Glycemic Index:52.17, Glycemic Load:23.58, Inflammation Score:-7, Nutrition Score:19.218695818001%

Flavonoids

Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg, Cyanidin: 0.16mg Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg, Epicatechin: 0.18mg Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg, Epigallocatechin 3-gallate: 0.07mg Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg, Naringenin: 0.28mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg, Kaempferol: 0.12mg Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg, Myricetin: 0.09mg Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg, Quercetin: 2.64mg

Nutrients (% of daily need)

Calories: 517.57kcal (25.88%), Fat: 27.41g (42.18%), Saturated Fat: 4.98g (31.1%), Carbohydrates: 63.32g (21.11%), Net Carbohydrates: 50.49g (18.36%), Sugar: 5.75g (6.39%), Cholesterol: 11.9mg (3.96%), Sodium: 935.4mg (40.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 10.09g (20.17%), Fiber: 12.84g (51.35%), Phosphorus: 423.22mg (42.32%), Vitamin K: 40.71µg (38.77%), Manganese: 0.67mg (33.68%), Vitamin C: 22.9mg (27.76%), Magnesium: 108.13mg (27.03%), Vitamin B6: 0.49mg (24.53%), Vitamin E: 2.89mg (19.29%), Potassium: 654.7mg (18.71%), Vitamin B2: 0.32mg (18.62%), Copper: 0.35mg (17.6%), Vitamin B3: 3.46mg (17.28%), Vitamin B1: 0.22mg (14.8%), Zinc: 2.15mg (14.34%), Folate: 56.09µg (14.02%), Iron: 2.47mg (13.71%), Calcium: 132.84mg (13.28%), Selenium: 8.97µg (12.81%), Vitamin A: 571.56IU (11.43%), Vitamin B5: 0.94mg (9.42%), Vitamin B12: 0.08µg (1.25%)