



## Eat for Eight Bucks: Tortilla Soup

 Gluten Free

READY IN



45 min.

SERVINGS



2

CALORIES



604 kcal

SOUP

### Ingredients

- ☐ 2 servings pepper black freshly ground
- ☐ 1 cup canola oil
- ☐ 1 teaspoon ground cumin dried with 1/2 teaspoon ground cumin and 1/2 teaspoon oregano)
- ☐ 0.3 cup cilantro leaves chopped
- ☐ 2 3-inch corn tortillas cut into 1/ strips (see note)
- ☐ 1 ears corn frozen ()
- ☐ 2 cloves garlic crushed
- ☐ 2 servings kosher salt

- ☐ 6 cups chicken broth low-sodium (see note)
- ☐ 1 tablespoon olive oil
- ☐ 2 ounces pepper jack cheese grated crumbled
- ☐ 0.5 cup chicken diced shredded cooked
- ☐ 1 medium canned tomatoes diced canned chopped ()
- ☐ 1 medium zucchini cut into 1/2-inch dice ( 1 cup)

## Equipment

- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon

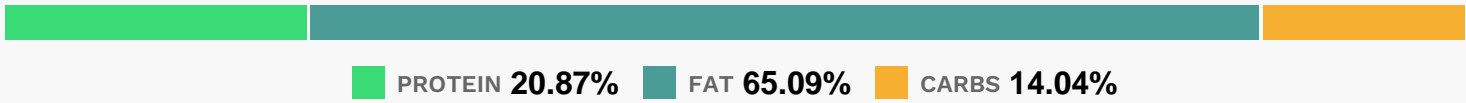
## Directions

- ☐ Add canola oil to heavy-bottomed 12-inch cast iron pan and set over high heat until shimmering, about 2 minutes (test oil temperature by dropping single tortilla strip in—it should bubble rapidly).
- ☐ Add strips and stir well to coat with oil. Stir once per minute until strips begin to stiffen and color, about 2 minutes. Reduce heat to medium and continue to cook, stirring frequently, until strips are as crisp and tanned, a few minutes longer. Use slotted spoon to remove to paper-towel-lined plate and salt lightly.
- ☐ Heat olive oil in a heavy-bottomed three-quart saucepan over medium high heat until shimmering.
- ☐ Add onion, turn heat to medium low, and cook, stirring frequently, until very soft and translucent but not browned, about 10 minutes.
- ☐ Add garlic and chili powder and cook, stirring constantly, until fragrant, about 1 minute.
- ☐ Pour in broth and bring to a boil. (If using bouillon powder, add water, bring to boil, and stir in powder before proceeding.)
- ☐ Add zucchini to pot, adjust heat so liquid simmers, and simmer 5 minutes.
- ☐ Add tomato and simmer 2 minutes.

☐

Add corn (and chicken, if using) and simmer 3 minutes. Taste zucchini for doneness; in the unlikely event that it is not yet ready to eat, simmer a minute or two more. Season to taste with salt and pepper and serve immediately with tortillas, cilantro, and cheese.

# Nutrition Facts



## Properties

Glycemic Index:114.75, Glycemic Load:0.88, Inflammation Score:-7, Nutrition Score:22.351304256398%

## Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg, Kaempferol: 0.01mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg, Quercetin: 1.76mg

## Nutrients (% of daily need)

Calories: 604kcal (30.2%), Fat: 45.76g (70.4%), Saturated Fat: 10.18g (63.65%), Carbohydrates: 22.21g (7.4%), Net Carbohydrates: 20g (7.27%), Sugar: 6.43g (7.14%), Cholesterol: 51.48mg (17.16%), Sodium: 621.51mg (27.02%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 33g (66.01%), Vitamin B3: 13.83mg (69.17%), Phosphorus: 496.76mg (49.68%), Vitamin E: 5.25mg (34.98%), Potassium: 1134.37mg (32.41%), Vitamin K: 31.74µg (30.23%), Vitamin B2: 0.5mg (29.54%), Calcium: 278.28mg (27.83%), Vitamin C: 22.2mg (26.91%), Copper: 0.49mg (24.62%), Vitamin B6: 0.49mg (24.3%), Selenium: 13.75µg (19.65%), Iron: 3.53mg (19.61%), Manganese: 0.37mg (18.27%), Zinc: 2.72mg (18.13%), Vitamin B12: 1.04µg (17.41%), Magnesium: 62.3mg (15.58%), Vitamin A: 662.08IU (13.24%), Folate: 50.83µg (12.71%), Vitamin B1: 0.15mg (10.32%), Vitamin B5: 0.96mg (9.55%), Fiber: 2.2g (8.81%), Vitamin D: 0.17µg (1.13%)