

DINNER

Mexican Onion Soup

7 October 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$5.08	726 kcal

Mexican Onion Soup might be just the main course you are searching for. One serving contains 726 calories, 80g of protein, and 31g of fat. This recipe serves 6 and costs \$5.08 per serving. From preparation to the plate, this recipe takes around 45 minutes.

Ingredients

- ☐ 29 ounce beef broth
canned
- ☐ 58 ounce chicken broth, divided
canned
- ☐ 2 garlic cloves, minced
- ☐ ½ teaspoon ground coriander
- ☐ 5 ounces 1/4 cups shredded Monterey Jack cheese
with peppers
- ☐ 6 servings Tortilla Strips
- ☐ 10 ounce diced tomatoes and green chiles,
undrained
canned
- ☐ 1/3 cup chopped fresh cilantro
- ☐ 2 tablespoons ground chipotle pepper
- ☐ 1 teaspoon ground cumin
- ☐ ½ teaspoon dried oregano
- ☐ 3 pounds medium-size yellow onions, thinly
sliced (about

EQUIPMENT Bowl, Ladle, Dutch oven

Method

- 1 Combine onions, 1 cup chicken broth, minced garlic, and next 3 ingredients in a Dutch oven over medium heat; cook, stirring occasionally, 25 to 30 minutes or until most of the liquid evaporates. Increase heat to medium high, and cook, stirring often to loosen particles from bottom of Dutch oven, 15 to 20 minutes or until onions are caramel colored.
- 2 Stir in beef broth, tomatoes and green chiles, chipotle pepper, and remaining chicken broth. Bring to a boil over high heat; reduce heat, and cook, stirring often, 15 to 20 minutes. Ladle soup into 6 bowls; sprinkle evenly with cheese, Tortilla Strips, and chopped cilantro.

Nutrition per serving

726	80 g	31 g	30 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			11 g · 69% of daily needs
Fibre			5.9 g · 24% of daily needs
Sugar			12 g · 13% of daily needs
Sodium			2,092 mg · 91% of daily needs
Cholesterol			158 mg · 53% of daily needs
Vitamin C			21.8 mg · 26% of daily needs

Adapted from My Recipes. Find this recipe, ratings and more ideas at whatsheate.com/mexican-onion-soup-148543