



Rustic Tomato Soup with Toasted Cumin and Mini Rajas



Vegetarian



Gluten Free



Dairy Free

READY IN



45 min.

SERVINGS



8

CALORIES



236 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 teaspoons annatto powder
- ☐ 5 ounce snack peppers mini stemmed seeded cut into thin strip
- ☐ 8 servings kosher salt
- ☐ 4 4-inch corn tortillas halved cut into 2 x 1/ strips (cut from round tortillas)
- ☐ 2 tablespoons cumin seeds
- ☐ 6 large garlic clove peeled
- ☐ 0.3 teaspoon ground allspice

- ☐ 3 inch guajillo chiles* dried stemmed seeded
- ☐ 4 cups chicken broth
- ☐ 6 tablespoons olive oil
- ☐ 4 cups onion chopped (2 large)
- ☐ 8 servings vegetable oil for frying
- ☐ 56 ounce tomatoes diced whole with basil in juice, tomatoes , all juice reserved peeled canned

Equipment

- ☐ bowl
- ☐ frying pan
- ☐ sauce pan
- ☐ pot
- ☐ slotted spoon
- ☐ garlic press

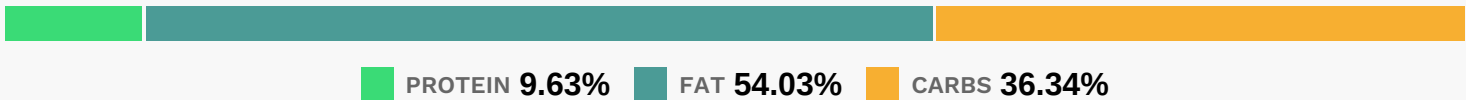
Directions

- ☐ Stir cumin seeds in small skillet over medium heat until starting to smoke and pop, about 4 minutes.
- ☐ Pour seeds onto plate; cool. Grind finely in spice mill. DO AHEAD: Can be made 1 week ahead. Chill in airtight container.
- ☐ Heat oil in large pot over medium heat.
- ☐ Add onions. Cover and cook until tender but not brown, stirring often, about 8 minutes.
- ☐ Remove from heat. Using garlic press, squeeze in garlic.
- ☐ Add achiote and allspice. Stir over low heat 1 minute.
- ☐ Add tomatoes with juice, broth, and guajillo chile. Bring to simmer. Reduce heat to low; cover and simmer 15 minutes.
- ☐ Working in 2-cup batches, blend soup in processor to coarse puree (some texture should remain). Return to same pot.
- ☐ Mix in 1 1/2 teaspoons toasted cumin; season with cayenne, if desired, and coarse salt and freshly ground black pepper. DO AHEAD: Can be made 2 days ahead. Chill uncovered

until cold, then cover and keep chilled.

- ☐ Pour enough oil into heavy medium saucepan to reach depth of 3/4 inch.
- ☐ Heat oil over medium heat 4 minutes. Fry half of tortilla strips until just golden. Using slotted spoon, transfer strips to paper towels to drain (color will darken slightly). Repeat with remaining strips.
- ☐ Heat 1 1/2 tablespoons tortilla-frying oil from saucepan in medium skillet over medium-high heat.
- ☐ Add mini peppers. Toss until tender, about 2 minutes.
- ☐ Sprinkle with salt and freshly ground black pepper. DO AHEAD: All rajas can be made 2 hours ahead.
- ☐ Let stand at room temperature.
- ☐ Reheat soup over medium heat. Ladle into bowls. Top with tortilla and pepper rajas and sprinkle with toasted cumin.
- ☐ Serve, passing additional cumin separately.
- ☐ * A paste made from achiote seeds; sold at Latin markets.
- ☐ ** A maroon-colored, fairly hot dried chile up to 6 inches long and about 1 1/2 inches wide; available at some supermarkets and at Latin markets.

Nutrition Facts



Properties

Glycemic Index: 24.69, Glycemic Load: 5.49, Inflammation Score: -9, Nutrition Score: 16.142173958861%

Flavonoids

Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Naringenin: 1.35mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Luteolin: 0.14mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Isorhamnetin: 4.01mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Kaempferol: 0.71mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Quercetin: 17.47mg, Quercetin: 17.47mg, Quercetin: 17.47mg, Quercetin: 17.47mg

Nutrients (% of daily need)

Calories: 236.27kcal (11.81%), Fat: 15.14g (23.3%), Saturated Fat: 2.25g (14.08%), Carbohydrates: 22.92g (7.64%), Net Carbohydrates: 17.87g (6.5%), Sugar: 10.02g (11.13%), Cholesterol: 0mg (0%), Sodium: 250.2mg (10.88%), Alcohol:

Og (100%), Alcohol %: 0% (100%), Protein: 6.08g (12.15%), Vitamin C: 56.93mg (69%), Vitamin A: 2481.45IU (49.63%), Vitamin K: 29.49µg (28.08%), Manganese: 0.47mg (23.49%), Potassium: 793.46mg (22.67%), Vitamin E: 3.21mg (21.4%), Fiber: 5.05g (20.18%), Vitamin B6: 0.38mg (18.79%), Vitamin B3: 3.34mg (16.68%), Phosphorus: 145.33mg (14.53%), Folate: 54.19µg (13.55%), Iron: 2.27mg (12.61%), Copper: 0.24mg (12.23%), Magnesium: 45.16mg (11.29%), Vitamin B1: 0.14mg (9.41%), Vitamin B2: 0.13mg (7.84%), Calcium: 68.98mg (6.9%), Zinc: 0.84mg (5.58%), Vitamin B5: 0.36mg (3.61%), Vitamin B12: 0.12µg (1.97%), Selenium: 1.28µg (1.83%)