



Spicy Fajita Soup

 Vegetarian  Gluten Free

READY IN



315 min.

SERVINGS



4

CALORIES



592 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce canned tomatoes diced canned
- 2 cups canola oil for frying
- 1 quart chicken broth
- 2 tablespoons chile powder divided
- 1 chipotle pepper in adobo sauce chopped for creamy mexican dip (reserve adobe)
- 12 corn tortillas cut into eighths
- 0.5 cup regular corn frozen thawed
- 1 tablespoon garlic chopped

- 2 pasilla peppers green cored seeded sliced into strips
- 4 servings kosher salt and pepper black freshly ground
- 1 cup monterrey jack cheese shredded
- 2 scallions sliced
- 2 medium onions yellow sliced

Equipment

- bowl
- frying pan
- ladle
- broiler
- slow cooker

Directions

- Watch how to make this recipe.
- In the sleeve of a slow cooker, add the onions, peppers, corn, tomatoes, garlic, 1 tablespoon chile powder, chipotle, and broth. Season with and salt and pepper, to taste. Cook on low for 4 to 6 hours.
- In a deep skillet over medium heat, add the canola oil and heat to 365 degrees F. Fry the tortilla pieces until brown and crispy, 1 to 2 minutes.
- Drain on brown paper and immediately season with salt and the remaining 1 tablespoon chile powder. (Reserve half the chips for Online Round 2 Recipe Creamy Mexican Dip with Spiced Chips.)
- Preheat the broiler.
- (Reserve 1 cup of the onion and pepper mixture for Round 2 Recipe Creamy Mexican Dip with Spiced Chips.) Ladle the soup into ovenproof bowls or crocks and top each with 2 tablespoons cheese. (Reserve remaining 1/2 cup cheese for Round 2 Recipe Crispy Steak Sandwiches.)
- Put the bowls on a sheet pan and put under the broiler until the cheese is brown and bubbly, 1 to 2 minutes.
- Garnish with scallions and serve.

Nutrition Facts

PROTEIN 11% FAT 50.51% CARBS 38.49%

Properties

Glycemic Index:61.63, Glycemic Load:18.77, Inflammation Score:-9, Nutrition Score:27.746521882389%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg, Luteolin: 2.81mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg, Kaempferol: 0.48mg Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg, Myricetin: 0.05mg Quercetin: 13.16mg, Quercetin: 13.16mg, Quercetin: 13.16mg, Quercetin: 13.16mg

Nutrients (% of daily need)

Calories: 592.42kcal (29.62%), Fat: 34.87g (53.65%), Saturated Fat: 7.65g (47.84%), Carbohydrates: 59.78g (19.93%), Net Carbohydrates: 48.47g (17.62%), Sugar: 10.67g (11.85%), Cholesterol: 29.87mg (9.96%), Sodium: 1285.29mg (55.88%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 17.09g (34.18%), Vitamin C: 64.3mg (77.94%), Vitamin E: 7.34mg (48.93%), Phosphorus: 474.8mg (47.48%), Fiber: 11.31g (45.25%), Manganese: 0.85mg (42.39%), Vitamin K: 43.4µg (41.34%), Vitamin A: 1905.67IU (38.11%), Calcium: 358.13mg (35.81%), Vitamin B6: 0.69mg (34.53%), Magnesium: 111.88mg (27.97%), Vitamin B2: 0.45mg (26.26%), Potassium: 850.24mg (24.29%), Copper: 0.47mg (23.49%), Iron: 3.99mg (22.17%), Vitamin B3: 4.13mg (20.67%), Vitamin B1: 0.3mg (19.97%), Zinc: 2.84mg (18.92%), Selenium: 11.98µg (17.11%), Folate: 51.57µg (12.89%), Vitamin B5: 0.68mg (6.82%), Vitamin B12: 0.28µg (4.7%), Vitamin D: 0.17µg (1.13%)