



 **100%**
HEALTH SCORE

Spicy Roasted Vegetable Soup with Toasted Tortillas

 Vegetarian  Vegan  Gluten Free  Dairy Free  Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



1390 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 6 peppercorns whole black
- 1.5 pound butternut squash peeled halved seeded cut into 1/2- to 3/4-inch cubes
- 15 ounce garbanzo beans undrained canned (chickpeas)
- 2 teaspoons chipotle sauce canned chopped
- 0.5 cinnamon sticks
- 1 cup corn kernels frozen (step 3)
- 5 2-inch corn tortillas

- 10 2-inch corn tortillas cut in half
- 0.3 cup cilantro leaves fresh packed chopped ()
- 4 large garlic clove unpeeled
- 0.3 pound green beans trimmed cut into 1-inch pieces
- 1 teaspoon ground cumin
- 1 large jalapeno
- 4 servings lime wedges
- 3 tablespoons olive oil
- 14 ounces onion peeled halved
- 1.3 teaspoons oregano dried
- 2 pounds plum tomatoes (10)
- 0.8 pound potatoes - remove skin peeled cut into 1/2- to 3/4-inch cubes
- 1 teaspoon salt ()
- 5 cups water

Equipment

- bowl
- frying pan
- baking sheet
- ladle
- pot
- aluminum foil
- broiler
- spatula
- tongs

Directions

- Preheat broiler. Line baking sheet with heavy-duty foil.

- Place tomatoes close together on prepared sheet. Broil close to heat source until blackened in spots, turning once with tongs, about 2 minutes per side.
- Transfer tomatoes to plate and cool.
- Place onion halves close together on same sheet. Broil until surfaces are charred, turning once with tongs, about 4 minutes per side. Set aside and cool.
- Heat cast-iron skillet over medium-high heat 2 minutes. Using tongs, place cinnamon strip, peppercorns, garlic cloves, and jalapeño chili in hot skillet, preferably cast iron. Toast until fragrant and charred, turning and stirring occasionally, about 2 minutes for cinnamon and peppercorns and 8 minutes for garlic and jalapeño.
- Transfer all to plate.
- Place tortilla halves in same hot skillet. Toast until browned in spots and crisp, pressing often with spatula, about 3 minutes per side.
- Transfer tortillas to plate; cool, then break into very small pieces.
- After the charred tomatoes have cooled, peel, halve crosswise, and spoon out the seeds.
- Cut away most of charred surface from broiled onions and then chop. Peel garlic cloves. Stem, quarter, seed and devein jalapeño chili.
- Place tomatoes, onions, garlic, jalapeño chili, and chipotle chilies in processor. Finely grind cinnamon, peppercorns, and toasted tortillas in spice mill or coffee grinder; add to processor. Blend soup base until smooth, about 5 minutes.
- Heat oil in heavy large pot over medium-high heat 2 minutes.
- Add soup base from processor, oregano, and cumin. Cook (sear) until base thickens enough to leave path when spoon is drawn through, stirring occasionally, about 10 minutes.
- Add 5 cups water, squash, potatoes, and 1 teaspoon salt; bring soup to boil. Reduce heat to medium, cover, and simmer until vegetables are almost tender, about 15 minutes.
- Add garbanzo beans with liquid, green beans, and corn. Cover; simmer until all vegetables are tender, about 5 minutes longer.
- Mix in cilantro; season with pepper and more salt, if desired.
- Toast tortillas directly over gas flame or electric burner until browned in spots but still soft, about 40 seconds per side. Wrap in foil; keep warm.
- Ladle soup into bowls.
- Serve with lime wedges and warm tortillas.

* Chipotle chilies canned in a spicy tomato sauce, sometimes called adobo, are sold at Latin American markets, specialty foods stores and some supermarkets.

Nutrition Facts



PROTEIN 10.41% **FAT 16.25%** **CARBS 73.34%**

Properties

Glycemic Index:106.33, Glycemic Load:91.89, Inflammation Score:-10, Nutrition Score:59.396086817202%

Flavonoids

Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg, Hesperetin: 0.43mg Naringenin: 1.58mg, Naringenin: 1.58mg, Naringenin: 1.58mg, Naringenin: 1.58mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg Isorhamnetin: 4.97mg, Isorhamnetin: 4.97mg, Isorhamnetin: 4.97mg, Isorhamnetin: 4.97mg Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg, Kaempferol: 0.98mg Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg, Myricetin: 0.41mg Quercetin: 23.72mg, Quercetin: 23.72mg, Quercetin: 23.72mg, Quercetin: 23.72mg

Nutrients (% of daily need)

Calories: 1390.36kcal (69.52%), Fat: 26.45g (40.7%), Saturated Fat: 3.95g (24.69%), Carbohydrates: 268.54g (89.51%), Net Carbohydrates: 224.57g (81.66%), Sugar: 22.79g (25.32%), Cholesterol: 0mg (0%), Sodium: 1211.9mg (52.69%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 38.13g (76.27%), Vitamin A: 20364.6IU (407.29%), Fiber: 43.97g (175.88%), Manganese: 3.43mg (171.28%), Phosphorus: 1658.51mg (165.85%), Magnesium: 469.03mg (117.26%), Vitamin B6: 2.27mg (113.27%), Vitamin C: 91.48mg (110.88%), Potassium: 2779.86mg (79.42%), Copper: 1.34mg (66.84%), Vitamin B3: 11.79mg (58.96%), Iron: 10.37mg (57.59%), Vitamin B1: 0.86mg (57.06%), Calcium: 566.95mg (56.7%), Zinc: 7.75mg (51.68%), Vitamin K: 50.3µg (47.9%), Folate: 190.11µg (47.53%), Vitamin E: 6.87mg (45.8%), Selenium: 30.92µg (44.18%), Vitamin B2: 0.5mg (29.62%), Vitamin B5: 2.28mg (22.83%)