

Spicy Roasted Vegetable Soup with Toasted Tortillas

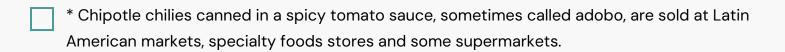


Ingredients

	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 chilies canned chopped
	0.5 strip from mexican cinnamon stick
	1 cup corn kernels frozen (step 3)
Г	5.2-inch additional 1/ corn tortillas

	IO 2-inch corn fortillas cut in half
	0.3 cup cilantro leaves fresh packed chopped ()
	4 large garlic cloves unpeeled
	0.3 pound green beans trimmed cut into 1-inch pieces
	1 teaspoon ground cumin
	1 large jalapeño chili
	4 servings lime wedges
	3 tablespoons olive oil
	14 ounces onions peeled halved
	1.3 teaspoons oregano dried
	2 pounds plum tomatoes (10)
	0.8 pound red-skinned potatoes peeled cut into 1/2- to 3/4-inch cubes
	1 teaspoon salt ()
	5 cups water
Eq	uipment
-	
	bowl
	bowl
	bowl frying pan
	bowl frying pan baking sheet
	bowl frying pan baking sheet ladle
	bowl frying pan baking sheet ladle pot
	bowl frying pan baking sheet ladle pot aluminum foil
	bowl frying pan baking sheet ladle pot aluminum foil broiler
	bowl frying pan baking sheet ladle pot aluminum foil broiler spatula

Place tomatoes close together on prepared sheet. Broil close to heat source until blackenedin 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.



Nutrition Facts



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, Naringenin: 0.02mg, Apigenin: 0.02mg, Luteolin: 0.12mg, Luteolin: 0.12mg, Luteolin: 0.12mg 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, Myricetin: 0.41mg, Myricetin: 23.72mg, 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: Omg (0%), Sodium: 1211.9mg (52.69%), Alcohol: Og (100%), Alcohol %: O% (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%)