



Tesuque Village Market Tortilla Soup

READY IN



45 min.

SERVINGS



8

CALORIES



742 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 11 anaheim chiles fresh green
- ☐ 8 servings pepper black freshly ground
- ☐ 8 cups chicken stock see
- ☐ 8 servings cilantro leaves chopped
- ☐ 8 servings cotija cheese
- ☐ 11 cloves garlic
- ☐ 1 tablespoon sea salt
- ☐ 1 tablespoon ground cumin
- ☐ 7 jalapeños fresh

- ☐ 8 servings olive oil
- ☐ 4 medium onions quartered
- ☐ 1 tablespoon paprika
- ☐ 6 cups plum tomatoes whole crushed or
- ☐ 8 servings salt
- ☐ 9 tomatoes ripe
- ☐ 1.3 pounds tortilla chips

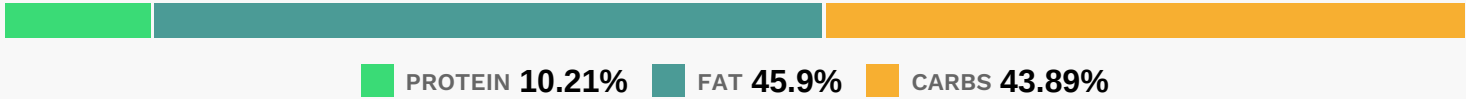
Equipment

- ☐ frying pan
- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ blender

Directions

- ☐ Preheat an oven to 350 degrees F.
- ☐ Place the tomatoes, jalapenos, garlic, onions, and green chiles onto a sheet pan or cookie sheet and then drizzle with olive oil.
- ☐ Place the sheet tray into the preheated oven and roast until they turn golden brown, about 15 to 20 minutes.
- ☐ Remove from the oven and set aside.
- ☐ Into a large stockpot add the chicken stock, plum tomatoes, and roasted veggies and cook over medium heat for two minutes.
- ☐ Add cumin, paprika, granulated garlic, and tortilla chips and then simmer for 10 minutes. *
- ☐ Remove stock pot from the flame and pour the contents into a blender. Puree the mixture, starting on low and then increase speed to high, until well combined. Work in batches if all the liquid does not fit into your blender. Season with salt and freshly ground black pepper. Return the pureed soup to a clean pot and simmer to keep warm until you're ready to serve.
- ☐ Garnish with tortilla strips, cotija cheese, and cilantro.

Nutrition Facts



Properties

Glycemic Index:35.13, Glycemic Load:5.29, Inflammation Score:-10, Nutrition Score:32.322608276554%

Flavonoids

Naringenin: 2.15mg, Naringenin: 2.15mg, Naringenin: 2.15mg, Naringenin: 2.15mg Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg, Apigenin: 0.02mg Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg, Luteolin: 0.19mg Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg, Isorhamnetin: 2.76mg Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg, Kaempferol: 0.65mg Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg, Myricetin: 0.49mg Quercetin: 13.74mg, Quercetin: 13.74mg, Quercetin: 13.74mg, Quercetin: 13.74mg

Nutrients (% of daily need)

Calories: 742.38kcal (37.12%), Fat: 39.04g (60.07%), Saturated Fat: 8.84g (55.28%), Carbohydrates: 84.01g (28%), Net Carbohydrates: 71.98g (26.18%), Sugar: 18.23g (20.25%), Cholesterol: 33.9mg (11.3%), Sodium: 1389.73mg (60.42%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 19.53g (39.07%), Vitamin C: 72.98mg (88.46%), Vitamin A: 3347.99IU (66.96%), Vitamin K: 52.99µg (50.46%), Fiber: 12.02g (48.1%), Vitamin E: 7.09mg (47.28%), Phosphorus: 437.44mg (43.74%), Vitamin B6: 0.86mg (43.03%), Potassium: 1322.62mg (37.79%), Vitamin B2: 0.61mg (35.87%), Vitamin B3: 6.94mg (34.71%), Magnesium: 123.22mg (30.8%), Calcium: 293.94mg (29.39%), Manganese: 0.58mg (29.13%), Vitamin B1: 0.4mg (26.46%), Folate: 92.41µg (23.1%), Copper: 0.45mg (22.67%), Iron: 3.68mg (20.42%), Selenium: 14.15µg (20.21%), Zinc: 2.98mg (19.86%), Vitamin B5: 1.57mg (15.73%), Vitamin B12: 0.51µg (8.45%)