



Tortilla Meatball Soup

READY IN



90 min.

SERVINGS



6

CALORIES



394 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 chipotle chile canned minced
- ☐ 1 cup carrots ()
- ☐ 2 ears corn on the cob
- ☐ 4 6-inch corn tortillas cut into 1/2-inch-thick strips ()
- ☐ 1 large eggs lightly beaten
- ☐ 0.5 cup cilantro leaves fresh chopped
- ☐ 6 garlic cloves divided minced
- ☐ 1 pound ground sirloin
- ☐ 2 jalapeño peppers

- ☐ 0.8 teaspoon kosher salt divided
- ☐ 3 cups lower-sodium chicken broth fat-free
- ☐ 2 ounces monterrey jack cheese shredded
- ☐ 1 tablespoon olive oil
- ☐ 2 cups onion chopped
- ☐ 0.3 cup panko bread crumbs (Japanese breadcrumbs)
- ☐ 1 bell pepper red
- ☐ 2 cups potatoes red cubed ()
- ☐ 1 ounce cheddar cheese shredded extra-sharp
- ☐ 2 cups water

Equipment

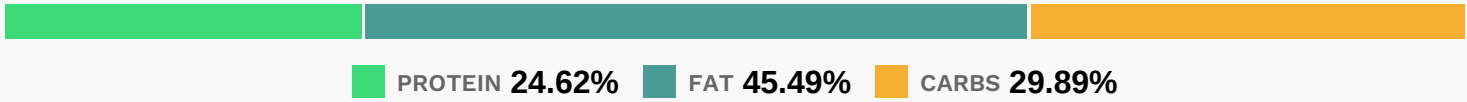
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ ladle
- ☐ aluminum foil
- ☐ broiler
- ☐ dutch oven

Directions

- ☐ Preheat broiler.
- ☐ Cut jalapeos and bell pepper in half lengthwise; discard seeds and membranes.
- ☐ Place pepper halves, skin sides up, on a foil-lined baking sheet. Arrange corn on baking sheet with peppers. Broil 4 to 6 minutes or until blackened, turning corn once.
- ☐ Place peppers in a paper bag; fold to seal.
- ☐ Let stand 15 minutes; peel. Mince jalapeos, and coarsely chop bell pepper.
- ☐ Cut corn kernels from cobs. Set aside.

- ☐ Place tortilla strips in a single layer on a baking sheet; lightly coat with cooking spray. Broil for 3 minutes or until golden brown, turning after 2 minutes. Set aside.
- ☐ Combine 1/4 teaspoon salt, 1 garlic clove, panko, and the next 3 ingredients (through chipotle chile) in a large bowl, and gently mix until just combined. With moist hands, shape the meat mixture into 24 meatballs (about 2 tablespoons each).
- ☐ Place a Dutch oven over medium-high heat.
- ☐ Add oil to pan; swirl to coat.
- ☐ Add meatballs to pan; saut for 8 minutes, turning to brown on all sides.
- ☐ Remove from pan.
- ☐ Add onion, potatoes, and carrot to pan; saut 5 minutes, stirring occasionally.
- ☐ Add remaining 5 garlic cloves; cook 1 minute, stirring constantly.
- ☐ Add peppers, broth, and 2 cups water; bring to a boil. Reduce heat; simmer 20 minutes or until vegetables are almost tender, stirring occasionally. Return meatballs to pan.
- ☐ Add remaining 1/2 teaspoon salt and corn; return to a simmer. Cook 10 minutes or until meatballs are done. Ladle 1 1/2 cups soup into each of 6 bowls; top each serving with 4 teaspoons Monterey Jack cheese, 2 teaspoons cheddar cheese, and 4 teaspoons cilantro. Top evenly with tortilla strips.

Nutrition Facts



Properties

Glycemic Index:50.72, Glycemic Load:5.77, Inflammation Score:-10, Nutrition Score:23.059565160585%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg, Luteolin: 0.22mg Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg, Isorhamnetin: 2.67mg Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg, Kaempferol: 0.41mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 12.07mg, Quercetin: 12.07mg, Quercetin: 12.07mg, Quercetin: 12.07mg

Nutrients (% of daily need)

Calories: 394.39kcal (19.72%), Fat: 20.25g (31.15%), Saturated Fat: 8g (50.02%), Carbohydrates: 29.94g (9.98%), Net Carbohydrates: 25.27g (9.19%), Sugar: 7.16g (7.96%), Cholesterol: 95.54mg (31.85%), Sodium: 724.13mg

(31.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 24.65g (49.31%), Vitamin A: 4549.88IU (91%), Vitamin C: 41.61mg (50.44%), Phosphorus: 345.78mg (34.58%), Zinc: 4.7mg (31.3%), Vitamin B12: 1.85µg (30.91%), Vitamin B6: 0.61mg (30.44%), Selenium: 20.18µg (28.83%), Vitamin B3: 5.39mg (26.96%), Potassium: 937.95mg (26.8%), Fiber: 4.67g (18.67%), Vitamin B2: 0.31mg (18.35%), Manganese: 0.37mg (18.27%), Calcium: 173.29mg (17.33%), Iron: 2.94mg (16.32%), Magnesium: 61.81mg (15.45%), Folate: 58.17µg (14.54%), Vitamin B1: 0.21mg (14.08%), Vitamin K: 12.85µg (12.23%), Vitamin B5: 1.13mg (11.31%), Copper: 0.21mg (10.34%), Vitamin E: 1.51mg (10.04%), Vitamin D: 0.33µg (2.18%)