



HEALTHY WORLD RECIPE

Latin America: Vegetarian Tortilla Soup

Ingredients:

- 3 large dried pasilla (negro), ancho or New Mexico chiles
- 1-15 ounce can diced tomatoes, preferably fire-roasted
- 2 tablespoons plus 2 teaspoons canola oil or extra virgin olive oil
- 1 medium white onion, sliced 1/4 inch thick
- 3 cloves garlic, minced
- 4 cups vegetable broth
- 4 cups water
- 1 large sprig epazote (optional)
- 1 14-ounce package extra-firm tofu
- 4 cups chopped chard, spinach or kale leaves
- 1/4-1/2 teaspoon salt
- 1 ripe large avocado, cut into 1/4 inch cubes
- 2 cups roughly broken tortilla chips
- 3/4 cup shredded Mexican melting cheese
- 1 large lime, cut into 6 wedges

Preparation:

Holding chiles one at a time with tongs, quickly toast them by turning them an inch or two above an open flame for a few seconds.

When cool enough to handle, stem and seed the chiles, break them into pieces and put them in a blender along with tomatoes and their juice.

Heat 2 tablespoons oil in a Dutch oven over medium heat. Add onion and garlic cook, stirring frequently, until golden, 6 to 9 minutes. Scoop up the onion and garlic with a slotted spoon and transfer to the blender with the tomato mixture. Process until smooth. Return the pot to medium heat. When quite hot, add the puree and stir nearly constantly until thickened to the consistency of tomato paste, about 6 minutes. Add broth, water, epazote. Bring to a boil, then adjust heat to maintain a simmer. Drain tofu; cut into 1/2 to 3/4 inch cubes. Heat the remaining 2 teaspoons oil in a large nonstick skillet over medium heat. Add the tofu and cook in a single layer, stirring every 2 to 3 minutes, until beginning to brown, 6 to 8 minutes total. Add the tofu to the soup and simmer for 30 minutes. Add chard (or spinach or kale) to the soup and season with salt to taste, depending on the saltiness of the broth. Cook, stirring, until the green are wilted, about 2 minutes, depending on the type of greens. Ladle soup into 8 soup bowls. Divide avocado and tortilla chips.

Source: eatingwell.com

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Servings: Makes 48 servings

Prep time: 1 hour

Cook time: 30 minutes

Nutrition Facts (per serving):

208 calories, 13g fat, 18g carbohydrates, 0g added sugar, 7g protein, 5g fiber, 545mg sodium, 400mg



For more information contact a specialist at **800.932.0034** or email askthepros@acispecialtybenefits.com

