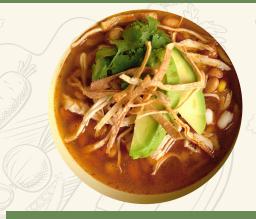
Vegetarian Tortilla SoupBy Chef Andy Ruszczyk



DIRECTIONS:

- 1. Heat a large pot with olive oil over medium-high heat. Sauté onions for 2-3 minutes. Add bell pepper, sauté for 3-4 minutes, until soft. Add garlic and sauté for 1 minute.
- 2. Add diced tomatoes, black beans, corn, chili powder, cumin, oregano, coriander, garlic powder, salt, and pepper. Stir, add vegetable stock and tomato paste.
- Increase heat until a gentle boil forms. Lower heat to medium-low, simmer uncovered for 15 minutes.
- 4. Stir in lime juice. Serve soup and top with chopped green onion and 5 crushed tortilla chips, enjoy!

Optional toppings: jalapenos, cilantro, shredded cheese, avocado, sour cream, radishes

INGREDIENTS:

- 1 Tbsp. extra virgin olive oil
- 1 yellow onion, chopped
- 1 green bell pepper, chopped
- 2 cloves garlic, minced
- 1 can fire roasted tomatoes
- 1 can black beans, rinsed and drained
- 1 can corn, rinsed and drained
- 2 tsp. chili powder
- 1 tsp. cumin
- 1 tsp. dried oregano
- 1/2 tsp. ground coriander
- 1/2 tsp. garlic powder
- 8 cups vegetable stock
- 1 Tbsp. tomato paste
- Juice of 1 lime
- 2 green onions, chopped
- Blue Corn Tortilla Chips

For more recipes visit healthyoptionsbuffalo.com

MEAL KIT SHOPPING LIST Week 4: Vegetarian Tortilla Soup

Fruit:

No fruit this week

Protein:

• 1 (15.5 oz) can black beans - \$0.69

Grains:

· 1 bag Wegmans Blue Corn Tortilla Chips - \$2.99

Vegetables:

- · 1 bunch green onions/scallions \$0.99
- 1 green bell pepper \$1.20
- 1 lime \$0.69
- 1 head of garlic \$0.90
- 1 yellow onion \$0.97

Dairy:

· No dairy this week

Herbs, Spices & More:

- 1 can fire-roasted tomatoes
- 1 can no salt added whole corn - \$0.54
- 2 cartons vegetable stock -
- 1 can tomato paste \$0.59
- Olive Oil
- · Coriander powder
- Dried oregano
- Garlic powder
- Chili powder



Grocery cost: \$15.44 Recipe cost: \$11.47

Cost per meal: \$1.91

*prices found at your local Wegmans store