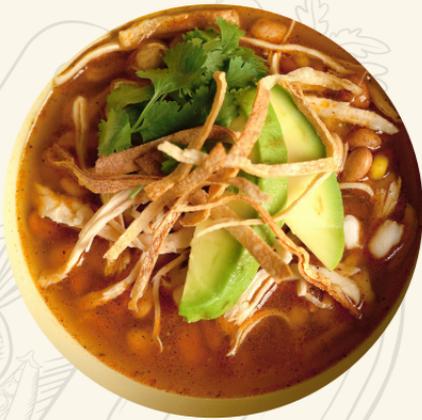


Vegetarian Tortilla Soup

By Chef Andy Rusczyk



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.
3. 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

Nutrition Facts

6 servings per container	
Serving size	1 cup
Amount per serving	
Calories	260
	% Daily Value*
Total Fat 6g	8%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 680mg	30%
Total Carbohydrate 41g	15%
Dietary Fiber 3g	11%
Total Sugars 8g	
Includes 4g Added Sugars	8%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 52mg	4%
Iron 1mg	6%
Potassium 615mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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healthyoptionsbuffalo.com

MEAL KIT SHOPPING LIST

Week 4: Vegetarian Tortilla Soup

Fruit:

- No fruit this week

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

Protein:

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

Dairy:

- No dairy this week

Grains:

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

Herbs, Spices & More:

- 1 can fire-roasted tomatoes - \$1.59
- 1 can no salt added whole corn - \$0.54
- 2 cartons vegetable stock - \$4.98
- 1 can tomato paste - \$0.59
- Olive Oil
- Coriander powder
- Dried oregano
- Garlic powder
- Chili powder


Cooking at Home

Grocery cost: \$15.44

Recipe cost: \$11.47

Cost per meal: \$1.91

*prices found at your local Wegmans store