



From Our Kitchens

Crockpot (or Instapot!) Vegetarian Tortilla

Soup Ingredients

1 medium onion, diced
1 poblano or bell pepper, diced
2 jalapeños, seeded and chopped or 2 tablespoons canned diced jalapenos
2 cloves garlic, minced or grated
2 teaspoons ground cumin
1 teaspoon dried oregano
4 cups low-sodium vegetable or chicken broth
2-3 canned chipotle peppers in adobo, finely chopped
1 (28 ounce) can fire roasted or regular diced tomatoes
salt and pepper
1/2 cup uncooked quinoa or rice
juice and zest of 1 lime
1/2 cup fresh cilantro, chopped, plus more for serving
Optional toppings: tortilla chips, avocado, feta, yogurt

Instructions

Crockpot:

1. In the crockpot, combine the onions, poblano or green pepper, jalapenos, garlic, cumin, oregano, broth, tomato, and chipotle. Season with salt and pepper. Stir in the uncooked quinoa or rice. Cover and cook on low 5-6 hours or high for 4-6 hours. If the soup is too thick for your liking, add more broth or water.
2. Just before serving, add lime juice and cilantro. Taste to see if it needs salt or pepper.
3. Ladle into bowls and serve with toppings of your choice!

InstaPot:

1. In the InstaPot, combine the onions, poblano or green pepper, jalapenos, garlic, cumin, oregano, broth, tomato, and chipotle. Season with salt and pepper. Stir in the uncooked quinoa or rice. Cover and cook on high pressure for 8 minutes. You can use the natural or quick-release function.
2. Just before serving, add lime juice and cilantro. Taste to see if it needs salt or pepper.
3. Ladle into bowls and serve with toppings of your choice!