



Vegetarian Tortilla Soup

Ingredients

- 1 to 1 ½ teaspoons chili powder, to taste
- 1 can (15 ounces) diced or crushed tomatoes, fire-roasted if possible
- 2 tablespoons plus 2 teaspoons extra-virgin olive oil
- 1 large yellow or red onion, chopped
- 1 medium red bell pepper, chopped
- ¼ teaspoon fine salt, more to taste
- 4 cloves garlic, minced
- 2 teaspoons ground cumin
- 2 cans (15 ounces each) black beans, rinsed and drained
- 4 cups (32 ounces) vegetable broth
- 4 corn tortillas, cut into 2-inch long, ¼-inch-wide strips
- ¼ cup chopped fresh cilantro, divided
- 1 to 2 tablespoons lime juice, to taste
- Freshly ground black pepper, to taste
- Garnish options: Thinly sliced and roughly chopped radish, diced ripe avocado, crumbled feta cheese or drizzle of sour cream

Instructions

1. In a medium pot, warm 2 tablespoons olive oil over medium heat. Add the onion, bell pepper and salt. Cook, stirring occasionally, until the onion is tender, about 5 to 7 minutes.
2. Add the garlic, cumin and chili powder and cook until fragrant, about 30 seconds to 1 minute. Add the tomatoes and cook for a minute while stirring.
3. Add the beans and broth, and stir to combine. Raise the heat to medium-high and bring the mixture to a simmer, then reduce the heat as necessary to maintain a gentle simmer. Simmer for 30 minutes.
4. In the meantime, preheat the oven to 400 degrees F. Line a large, rimmed baking sheet with parchment paper. On the sheet pan, toss the tortilla strips with the remaining 2 teaspoons olive oil and a sprinkle of salt until lightly and evenly coated. Bake until the strips are crisp and starting to turn golden, about 8 to 12 minutes, tossing halfway. Set aside.
5. Stir most of the cilantro into the soup, reserving a bit for garnish. Stir in 1 tablespoon lime juice. Taste for seasoning.
6. Divide the soup into bowls. Top with crispy tortilla strips, the reserved cilantro and any additional garnishes of your choice. Leftovers will keep well for up to 5 days; rewarm individual servings and top with garnishes when serving. Or freeze individual portions for several months and add toppings after reheating.