Vegetarian Tortilla Soup with Avocado

Jacob · 30/09/2024



Prep Time

1 hr

Dificult

Medium

Servings

8

Description

One thing Ive missed in the years of my being vegetarian is the delicious tortilla soup a local Mexican restaurant makes Ive finally mastered my vegetarian version that can easily be vegan if the cheese isnt added at the end My omnivore boyfriend thinks its divine Black beans can be added for extra protein

Ingredients

- - 3 flour tortillas
- cut into strips - cooking spray - 1 tablespoon peanut oil
- or as needed - 1 ½ cups chopped onion - ¼ cup chopped red bell peppers - 2 cloves garlic
- minced - 1 (14.5 ounce) can stewed tomatoes with juice
- chopped - 2 cups diced zucchini - 2 cups frozen sweet corn - ½ cup diced mushrooms - 5 cups vegetable broth - ¾ tablespoon chili powder - 1 ½ teaspoons hot pepper sauce - salt and ground black pepper to taste - 2 tablespoons chopped fresh cilantro - 1 avocado - peeled
- pitted
- and sliced - 1 cup shredded Monterey Jack cheese

Instructions

1. Preheat oven to 375 degrees F (190 degrees C). Arrange tortilla strips on a baking sheet and lightly with cooking spray. Bake in the preheated oven until golden and crispy
2. 8 to 10 minutes. Heat peanut oil in a stockpot over medium-high heat; saute onion
3. red bell pepper
4. and garlic until onion is translucent
5. 5 to 10 minutes. Add tomatoes with juice
6. zucchini
7. corn
8. and mushrooms; saute until zucchini is slightly softened
9. 3 to 4 minutes. Mix vegetable broth
10. chili powder
11. hot sauce
12. salt
13. and pepper into vegetable mixture; bring to a boil. Reduce heat and simmer soup until vegetables are tender
14. 20 to 25 minutes. Stir cilantro into soup and remove stockpot from heat. Ladle soup into serving bowls; top with tortilla strips
15. avocado slices
16. and Monterey Jack cheese. Cook's Note: Corn tortillas can be used in place of flour if desired.