

Aztec Soup

SERVINGS
3-4

PREP TIME
5 MIN

COOK TIME
30 MIN

TOTAL TIME
35 MIN

A take on the traditional Mexican Tortilla Soup made with a flavorful garlic and onion filled broth combined with the heartiness of black beans and sweet crispy corn



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Ingredients

Directions

1

- 6 Corn Tortillas
- Oil Cooking Spray
- Salt

PREPARE TORTILLA STRIPS

- Preheat Oven OR Air Fryer to 400°
- Stack tortillas one on top of another and slice in half with a serrated knife. Then going the other way, slice again several times to create strips.
- **For Oven:** Spread out strips onto a parchment lined cookie sheet. Spray lightly with cooking oil, season with salt, and cook for about 10-15 minutes until crispy, stirring as needed. Set aside after cooking.
- **OR For Air Fryer:** Spray strips lightly with cooking spray, season with salt, and add to air fryer. *We put them in an insert within the air fryer, but it's not necessary.* Cook for about 8 minutes, shaking pan to move the strips around a few times in the last several minutes of cooking. Set aside after cooking.

2

- Olive Oil
- 1 Medium Onion
- 4 Stalks Celery

PREPARE SOUP

- In a 5 quart stockpot (or larger) heat a generous drizzle of olive oil.
- Dice onion & celery and add to pot. Mix well.

3

- 2 T Minced Garlic
- 1 tsp Cumin
- 1 tsp Paprika
- 1 tsp Salt
- ¼ tsp Cayenne Pepper
- Juice of 1 Lime

- Add garlic and cook down about 5 minutes until onions are translucent, stirring often.
- Add spices and lime juice, mix well.
- ✧ This amount of cayenne pepper adds a little heat to the soup. Increase or decrease according to preference.

4

- 2 Cans Black Beans
- 1 Can Corn
- 1 (32oz) Carton Vegetable Broth

- Drain cans of beans & corn and rinse lightly. Add to pot.
- Add broth, mix well.
- Bring to a boil, then reduce heat to simmer and cook for about 15-20 minutes.

5

- 1 Avocado
- Handful Cherry Tomatoes
- Cilantro (if desired)

PREPARE TOPPING

- Dice avocado & tomato and chop fresh cilantro.
- Combine (with dash of lemon juice if desired) in bowl and set aside.

SERVE

Add soup to individual bowls, add avocado & tomato mixture, and top with tortilla strips. Season with salt & pepper to taste.