

Summer Harvest Tortilla Soup

by: The Oh She Glow Cookbook, Angela Liddon

Ingredients:

1 tbsp extra virgin olive oil
1 yellow onion, diced
3 large cloves garlic, minced
1 large red bell pepper, diced
1 jalapeno, seeded, if desired and diced (optional)
2 ears of fresh corn kernels (2 1/2 cups frozen)
1 medium zucchini, diced
1 (24 oz) jar or canned crushed tomatoes
3 cups vegetable broth
1 (15 oz) can black beans, drained and rinsed
2 tsp. ground cumin
1/2 tsp chili powder
1/2 tsp cayenne pepper
1 tsp fine grain sea salt or to taste
ground black pepper to taste

Instructions:

1. In a large saucepan, heat the extra virgin olive oil over medium heat.
2. Add the onion and garlic and saute' for about 5 minutes.
3. Season with salt and pepper.
4. Stir in the bell pepper, jalapeno (if using), corn kernels, and zucchini.
5. Raise the heat to medium-high and saute' for 10 minutes.
6. Add the crushed tomatoes, broth, cumin, chili powder, and cayenne pepper, stir well.
7. Bring the soup to a low boil and reduce the heat to medium.
8. Simmer, uncovered, for 10-15 minutes, until the vegetables are tender.
9. Stir in the black beans and simmer for 2 minutes.
10. Ladle the soup into bowls and garnish with your choice of toppings.

Serves: 4

Gluten-free, nut-free, soy-free, sugar-free, grain-free

HAPPY AND HEALTHY LIFESTYLES

www.happyandhealthylifestyles.com

Joyce Lande | 847-754-1593 | joyce@happyandhealthylifestyles.com

Wellness & Nutrition Education | Outreach | Meal Planning & Preparation | Catering