

# Tortilla Soup



**Time:** 40-55 minutes (10-15 minutes prep, 30- 40 minutes cooking)

**Serves:** 4-6

**Ingredients:** 2 tablespoons olive oil  
2 white onions, chopped  
3 yellow, red, or orange bells peppers chopped  
2 cloves of garlic, minced  
2 tablespoons ground cumin  
1 cup crushed fresh tomatoes  
4 cups organic vegetable broth  
1 cup organic whole kernel corn  
Gluten free tortilla chips  
1 avocado, peeled and diced  
Salt and pepper to taste

## Directions:

1. Heat the olive oil in a large pot over medium heat. Stir in garlic, onions, and cumin and cook 5 minutes.
2. Add the peppers and cook and additional 5 minutes
3. Mix in the tomatoes
4. Pour in the vegetable broth and season with salt and pepper to taste.
5. Bring to a boil, then reduce heat to low and simmer for 30 minutes.
6. For a creamy soup remove half and blend in the blender then add back to soup.
7. Mix corn into the soup and continue cooking for 5 minutes.
8. Serve in bowls topped with avocado, cilantro, and tortilla chips.