

## Joe's Vegan Tortilla Soup

### Ingredients

- Olive oil
- 1 cup chopped onions (130 grams)
- 2 large cloves garlic, chopped (15 grams)
- 1 14-ounce can diced tomatoes (400 grams)
- $\frac{3}{4}$  cup roasted diced red pepper (100 grams)
- $\frac{1}{4}$  cup roasted diced poblano pepper (30 grams)
- 6 cups vegetable broth
- 1 cup corn (130 grams), cut off the cob or drained from a can
- 1 cup black beans (130 grams), drained
- Cumin, cayenne, and salt, to taste

### Toppings (amounts will vary)

- Chopped avocado
- Crushed tortilla chips
- Grated cheese
- Sour cream

### Directions

If roasting your own peppers, roast them whole on a cookie sheet covered in foil at 375° for 40 minutes, turning once about halfway through. Skin should be blackened and slightly bubbly. Once cool enough to handle, carefully peel off the skin and dice.

For soup, sauté the oil and onion for about three minutes over medium heat, then add garlic and continue to sauté a few more minutes. Add peppers (if canned, drain first), tomatoes with their liquid, and broth, and bring to a boil. Reduce heat and simmer on low for 15 minutes, covered with the lid slightly ajar. Remove from heat and stir in corn and beans. Season with cumin, cayenne, and salt to your liking. Let sit, covered, at least 30 minutes to soften beans and corn. Reheat only the desired portion when you are ready to eat.

Serve with chopped avocado and crushed up tortilla chips (we suggest yellow corn tortilla chips) on the side. Feel free to add a little at the beginning and replenish as you eat to keep the chips from going too mushy.

### Notes

Many of the ingredients (beans, corn, tomatoes, roasted peppers) can be cooked fresh or, for an easier version of the soup, used out of a can—both ways taste great. Some stores offer a can of diced tomatoes with green chile already in it, which is a nice, flavorful option.

This recipe uses equal amounts onions, peppers (red and poblano together), corn, and black beans, but you can adjust proportions to your taste if desired.