



TORTILLA SOUP

CREDIT:

Vitamix Whole Food Recipes cookbook

INGREDIENTS

3 cups low sodium chicken, beef or vegetable broth
1 Roma tomato, halved
1 carrot, halved
1 stalk celery, halved
1 thin slice of onion, peeled
1 garlic clove, peeled
1 thin slice of yellow squash
1 thin slice of red bell pepper
1 thin slice of cabbage
1 mushroom
Salt and pepper to taste
1 teaspoon taco seasoning
Dash cumin

Optional:

1/2 cup cooked chicken, breast meat
1/2 fresh jalapeno
1/4 cup pitted olives
1/4 cup unsalted canned corn, drained
1/4 cup black beans
2 ounces baked tortilla chips

DIRECTIONS

1. Place all soup base ingredients into the Vitamix container in the order listed and secure lid.
2. Select Variable 1.
3. Turn machine on and quickly increase speed to Variable 10, then to High.
4. Blend for 5-6 minutes or until heavy steam escapes from the vented lid.
5. If adding optional ingredients, reduce speed to Variable 2. Remove the lid plug.
6. Drop in any optional ingredients through the lid plug opening. Blend for an additional 10 seconds.
7. Yields 5 cups

