

TORTILLA SOUP

SERVES 8



2 ea corn tortillas cut into 2 x 1/4 inch strips
Vegetable cooking spray
3/4 Cup each chopped onion, celery, tomato
1/2 teaspoon each dried basil leaves, ground cumin
5 Cups reduced sodium vegetable stock or broth
6 ounces dry pinto beans, cleaned and soaked overnight*
2 teaspoons finely chopped cilantro
1 teaspoon lime juice
Cayenne pepper to taste

Serving Size:	1
Calories:	105 Kcals
Fat:	1 gm
Protein:	5 gm
Carbohydrates:	20 gm
Sodium:	100 mg

Drain the beans that have been soaking overnight, put in a pot and cover with fresh water. Simmer for about 1 1/2 hours. Drain and set aside.

Use vegetable cooking spray to lightly coat tortillas and toss to coat evenly. Cook in a lightly oiled medium skillet over medium heat until browned and crisp, about 5 minutes, set aside.

Saute onion, celery, tomato, basil and cumin in a lightly oiled saucepan until onions become translucent, about 3-5 minutes. Add stock and drained beans and heat to boiling; reduce heat and simmer, uncovered until beans are tender. Stir in cilantro; season to taste with lime juice, and cayenne pepper. Add tortilla strips to soup bowls and ladle in the soup.

*an easy way to clean dried beans is to spread them out on a cookie sheet and pick out any stones that may be present. Transfer to a colander and rinse thoroughly. Transfer to a container large enough to fit the beans and water to cover by about 2 inches. Soak in refrigerator overnight.



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