

Tortilla Soup

serves 6

3 T. olive oil
1 1/2 seven-inch corn tortillas,
cut into 1-inch squares
2 T. minced fresh garlic
2 T. minced yellow onion
2 t. minced jalapeno pepper
1 lb. frozen corn kernels
1 32 oz. can Muir Glen
fire-roasted chopped tomatoes
1/3 c. tomato paste
2 1/2 t. cumin seed, toasted and ground
1 T. salt
1/2 t. freshly ground black pepper
1/2 t. chili powder
1 1/2 c. water
1 quart chicken stock (preferably homemade)
2 corn tortillas, cut into small strips and fried crisp
2 c. shredded sharp cheddar cheese (optional garnish)
1/2 c. chopped fresh cilantro (optional garnish)

Over medium-high heat, fry tortilla squares in olive oil until they begin to crisp and turn a golden yellow. Add garlic, onion and jalapeño and cook 1 to 2 minutes, until onion becomes translucent. Add half the corn along with all other ingredients (except garnishes), reserving other half of corn to be added at the end. Bring the soup to a low, even boil. Boil for 5 minutes.

Remove soup from heat. Use a hand-held immersion blender or food processor to process in batches to the consistency of a coarse purée.

Return the soup to the burner and add the reserved corn. Bring the soup to a boil once again, being careful to avoid scorching or burning. Serve, garnished with tortilla strips, cilantro and cheddar cheese.

Nutrition (per serving, including garnishes, for 6 servings): 395.9 calories; 40% calories from fat; 18.2g total fat; 24.7mg cholesterol; 2207.9mg sodium; 896.0mg potassium; 43.2g carbohydrates; 5.3g fiber; 13.7g sugar; 38.0g net carbs; 20.0g protein.