



# WESTERN WISCONSIN HEALTH

## TORTILLA SOUP (GLUTEN FREE)

- Olive oil cooking spray
- 2 corn tortillas, cut into very thin 2" strips, optional
- 2 small onions, chopped
- 1 1/2 C. fresh chopped celery
- 1 fresh tomato, coarsely chopped
- 1/2 tsp. dried basil
- 1/2 tsp. ground cumin
- 5 C. low-sodium vegetable broth (gluten free)
- 15 1/2 oz. canned pinto beans, rinsed and drained
- 2 tsp. fresh cilantro, finely chopped
- 2 tsp. fresh lime juice
- 1 pinch ground cayenne (red pepper), to taste
- 1 pinch salt, optional

### Nutrition Facts

Serving Size (219g)  
Servings Per Container

Amount Per Serving

**Calories 90**      **Calories from Fat 5**

**% Daily Value\***

**Total Fat 0.5g**      **1%**

    Saturated Fat 0g      **0%**

    Trans Fat 0g

**Cholesterol 0mg**      **0%**

**Sodium 180mg**      **8%**

**Total Carbohydrate 17g**      **6%**

    Dietary Fiber 1g      **4%**

    Sugars 3g

**Protein 4g**

Vitamin A 2%      • Vitamin C 8%

Calcium 4%      • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:  
Fat 9 • Carbohydrate 4 • Protein 4

Coat medium skillet with cooking spray. Arrange tortilla strips in pan and coat with cooking spray. Cook over medium heat 5 minutes, flipping a few times until tortillas are golden and crispy. Remove to plate. Coat large saucepan with cooking spray. Add onions, celery, tomatoes, basil and cumin. Cook over medium heat 3 to 5 minutes. Add vegetable broth and beans. Bring to a boil. Lower heat and simmer 3 to 5 minutes. Add cilantro, lime juice, and cayenne pepper. Season with salt, if desired. When ready to serve, arrange tortilla strips in bowls (if using) and ladle soup on top.

NUTRITION FACTS: Serving size: 1 cup per serving, 10 servings