

Creamy Tomato Tortilla Soup

Source: www.edenfoods.com

Cook Total
10 min 10 min

Serving: 5

This recipe is super fast as it uses Eden canned foods. Always good to have a few items in the pantry for when time is short or the frig is empty.

Serve half (or none) of the tortilla strips for a lower carb option and add crispy radishes or celery on the side.

Eden Brand beans are cooked with kombu seaweed to increase calcium and aid in digestion.

Ingredients

- 28 ounces Eden Crushed Tomatoes
- 15 ounces Eden Navy Beans *do not drain*
- 2 tsp jalapeno *minced*
- $\frac{1}{2}$ cup milk of choice
- $\frac{3}{4}$ tsp Sea Salt *or to taste*
- $\frac{1}{8}$ tsp freshly ground black pepper
- 2 Tbsp fresh parsley *minced or fresh cilantro*
- 2 cups tortilla strips *or mini tortilla chips*
- 1 avocado *peeled, seeded and cubed*

Directions

Place tomatoes, beans, and jalapeno in a blender and puree until creamy.

Pour into a medium saucepan, add soy milk, sea salt and pepper. Turn the heat to medium, mixing frequently and bring almost to a boil, do not boil.

Reduce the flame to low and simmer 5 minutes. Ladle into serving bowls and garnish each bowl with equal amounts of parsley or cilantro, tortilla strips and avocado.

Nutritional Information

Amount Per Serving (5 Servings)

Calories: 193 Protein: 9 g Carbohydrate: 28 g Fat: 4 g Fiber: 8 g



PLAN  EAT