Mexican Corn and Tortilla Soup

Makes 6 servings

Ingredients:
- 1 tablespoon canola oil
- 1 onion, diced
- 1 zucchini, diced
- 1 red bell pepper, seeded and diced
- 1 or 2 jalapeno or serrano chili peppers, seeded and diced, depending on heat desired
- 3 cloves garlic, minced
- 6 cups vegetable broth
- 1 14.5 ounce can diced tomatoes, with juice
- 2 teaspoons oregano
- 2 teaspoons cumin
- 1 ½ cups corn kernels, fresh or frozen
- 4 (6 inch) flour tortillas, cut into ½ inch wide strips

Directions:
1. Heat the oil in a large pot.
2. Add onion and sauté for a couple of minutes.
3. Add zucchini, bell pepper, chili pepper and garlic and sauté about 5 minutes.
4. Add broth, tomatoes, oregano and cumin and bring to a boil. Then simmer for about 15 minutes.
5. Add corn and simmer another 10 minutes or so.
6. Add the tortilla strips during the last 5 minutes of cooking

Source: Broome County Cornell Cooperative Extension

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.