Mexican Corn & Tortilla Soup

Ingredients:
1. Tbsp. canola oil
2. onion, diced
3. zucchini, diced
4. red bell pepper, seeded and diced
5. cloves garlic, minced
6. or 2 jalapeno or serrano chili peppers, seeded and diced, depending on heat desired
7. cups vegetable broth
8. (14oz.) can diced tomatoes, with juice
9. tsp. oregano
10. tsp. cumin
11. cup corn kernels, fresh or frozen
12. (6 in.) 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, red pepper, chili pepper and garlic and sauté about 5 minutes.
4. Add broth, tomatoes, and seasonings 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.

Yields about 8 servings.

Source: Recipe from Broome County CCE

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

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