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Lentil Tortilla Soup

Calories per serving: 272 **# of servings:** 6 **Serving Size:** 1.5 cups **TOTAL TIME:** 40 min

Ingredients

- 1 cup diced onion
- 1 tsp avocado oil (or olive oil)
- 1 bell pepper diced
- 1 jalapeno pepper diced
- 2.5 cups vegetable broth (or chicken broth if needed)
- 15 oz canned tomato sauce or crushed tomatoes
- 1/2 cup mild or medium salsa verde (or your favorite salsa!)
- 1 TBSP tomato paste
- 15 oz can black beans (drained + rinsed)
- 15 oz can pinto beans (drained + rinsed)
- 1 cup corn (fresh, canned, or frozen)
- 3/4 cup dried red lentils
- 1/2 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp cumin
- 1/4 tsp cayenne pepper
- 1/4-1/2 cup heavy cream* (optional - see notes)
- salt and pepper to taste

Directions

1. Before you add your veggies to the recipe, be sure to; Dice the onion, dice the bell pepper, and dice the jalapeno pepper.
2. Bring a large pot to medium heat and add a drizzle of your favorite cooking oil. Sauté your onion until edges are golden, then add your bell pepper, jalapeño, and corn. Cook until peppers are tender, approx. 5 minutes.
3. Before adding your beans, be sure you rinse and drain the beans and have your spices measured out already.
4. Next add veggie broth, tomato sauce and paste, salsa verde, beans, and spices; stir to mix. Let mixture come to a boil and add your dried lentils. Once boiling, reduce heat to medium-low and simmer, covered, for 25-30 minutes.
5. The longer you let it cook the more pronounced the flavor will be. Feel free to cook a little longer if time permits, up to you! All that's left to do is scoop out a bowlful, pile on the toppings, and face-plant into this tasty vegetarian lentil tortilla soup!