Tortilla Soup

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL / HANDS-ON
2	**About 1 1/2 cups**	**2 g base** 7 g with add-ins	**20 min / 10 min**

Ingredients

- **2 cups (480 ml) vegetable broth**
- **1 Roma tomato**
- **1 small (40 g) carrot**
- **1 (50 g) celery stalk**
- **1/4 small (15 g) onion**, peeled
- **1 garlic clove**, peeled
- **1 slice (30 g) yellow squash**, about 1 inch thick
- **1/4 (30 g) red bell pepper**, seeded
- **1/4 cup (22 g) chopped cabbage**
- **1 teaspoon taco seasoning**
- **1/4 teaspoon ground cumin**
- **2 tablespoons (25 g) corn kernels**, optional
- **1/2 cup (20 g) tortilla chips**, optional
- **1/4 cup (35 g) shredded cheese**, optional

Directions

1. **Load the blender.** Use a Vitamix container approved for hot soup. Add the base ingredients in the order listed, leaving out the optional add-ins. Secure the lid.
2. **Blend the soup.** Run the **Hot Soup Program**. Or start on the lowest speed, quickly increase to the highest speed, and blend for **7 minutes 30 seconds**.
3. **Add the extras.** If using corn, tortilla chips, or cheese, set the blender to **Variable 3**. Remove the lid plug and add them through the opening.
4. **Finish.** Secure the lid plug and blend for another **10 seconds**. Taste and adjust the seasonings. If skipping the add-ins, serve after the initial blend.

Store & Reheat

Refrigerate in shallow, covered containers within **2 hours**; use within **3-4 days**. Freeze individual portions for **up to 3 months**.

Stovetop:

Thawed: Thaw in the refrigerator. Reheat in a saucepan, stirring, to **165°F**. Add broth if needed.

Frozen: Put a frozen portion in a pan with a splash of broth. Cover on low until soft; break up and stir to **165°F**.

Microwave:

Thawed: Thaw in the refrigerator. Use a microwave-safe dish; cover loosely and heat in **30-60 sec** bursts, stirring, to **165°F**.

Frozen: Defrost in a microwave-safe dish until stirrable. Cover loosely; heat in **30-60 sec** bursts, stirring, to **165°F**.