



## DINNER TONIGHT: BUDGET FRIENDLY

Vegetable Tortilla  
Soup



## FUN

One person closes their eyes. The others at the table challenge them to remember details in the room.



## CONVERSATION

What did you do today, or this week, that you're proud of?





# Vegetable Tortilla Soup

*Recipe courtesy of Zen Slow Cooking*

## Ingredients

*Serves 6*

- 1 tablespoon olive oil
- 1 cup (1 small) onion, diced
- 1 cup (1 small) red bell pepper, diced
- 1 tablespoon chili powder
- 2 teaspoons cumin
- 1 teaspoon smoked paprika
- 1 teaspoon garlic powder
- 1/2 teaspoon oregano
- 1/4 teaspoon black pepper
- 2 (15 oz) cans black beans, drained and rinsed
- 1 (15oz) can sweet corn
- 14 oz can diced tomatoes
- 2 tablespoons tomato paste
- 1 chipotle chili in adobo, chopped (optional)
- 4 cups (32 fl oz) vegetable broth (plus 1 cup water for pressure cooking)

## Instructions

Dutch Oven (Stovetop):

- Heat oil in the Dutch Oven on medium; soften onion & pepper for 2 minutes.
- Add Southwest Fiesta blend, black beans, sweetcorn, tomatoes, tomato paste, chipotle chili, vegetable broth & water.
- Stir, cover and bubble gently on low-medium heat for 20 minutes.
- Crush a handful of tortilla chips into each bowl; pour in the soup & top with optional extras.
- Optional toppings, for serving: tortilla chips, feta cheese crumbles, hot sauce, sour cream, avocado, diced onion, lime juice