



# Delicious Tortilla Soup Recipe for All Seasons

## Introduction

If you're looking for a warm and comforting dish that is both healthy and satisfying, look no further than this Vegetarian Tortilla Soup. Rich in flavors from roasted tomatoes and toasted chiles, this soup is vibrant and packed with goodness. With a beautiful combination of textures from crispy tortilla strips and fresh toppings, it's perfect for a family dinner or a cozy night in.

## Detailed Ingredients with measures

2 dried Guajillo or ancho chiles  
8 corn tortillas  
2 (14-ounce) cans diced fire-roasted tomatoes  
2 tablespoons avocado oil, plus more for drizzling  
1 large white onion, diced (reserve  $\frac{1}{3}$  cup for topping)  
 $1\frac{1}{2}$  teaspoons sea salt, plus more to taste  
1 teaspoon ground cumin  
 $\frac{1}{4}$  teaspoon dried oregano  
3 garlic cloves, grated  
4 cups water or vegetable broth, plus more as needed  
3 cups cooked black beans, drained and rinsed  
 $1\frac{1}{2}$  cups fresh or frozen corn kernels (from about 2 ears fresh)  
Freshly ground black pepper

## Prep Time

15 minutes

## Cook Time

30 minutes

## Total Time

45 minutes

## Yield

Serves 4-6

## Instructions

1. Preheat your oven to 375°F (190°C) and line two baking sheets with parchment paper.
2. Use kitchen scissors to remove the stems from the dried chiles, slit them open vertically, and remove the seeds. Spread the chiles flat. In a dry skillet over medium heat, toast the chiles for 1 to 2 minutes per side until soft and fragrant. Toast one of the tortillas on each side until puffed up and fragrant.
3. Place the toasted chiles and tortilla in a blender, adding the diced fire-roasted tomatoes. Blend until smooth.
4. In a large pot or Dutch oven, heat 2 tablespoons of avocado oil over medium heat. Add the diced onion (reserving  $\frac{1}{3}$  cup for topping) and  $1\frac{1}{2}$  teaspoons sea salt. Cook, stirring occasionally, for about 8 minutes until softened. Stir in 1 teaspoon ground cumin and  $\frac{1}{4}$  teaspoon dried oregano; cook for 30 seconds until fragrant.
5. Pour the tomato-chile mixture into the pot with the sautéed onions. Cook, stirring, for 2 minutes. Add the grated garlic, 4 cups water or vegetable broth, and the drained black beans. Bring to a simmer and cook for 20 minutes. Add the corn kernels and simmer for an additional 10 minutes.
6. While the soup simmers, cut the remaining tortillas into thin strips.

Place them on the prepared baking sheets. Drizzle with avocado oil, sprinkle with salt, and toss to coat. Spread them out evenly and bake for 10 to 15 minutes until crispy.

See also [Stone Fruit Waffles](#)

7. If the soup is too thick, add more water or broth to reach your desired consistency. Season with freshly ground black pepper and additional salt to taste.

8. Ladle the soup into bowls. Top with crispy tortilla strips, reserved diced onion, diced avocado, sliced radishes, fresh cilantro, and crumbled Cotija cheese. Serve with lime wedges on the side for squeezing.

Enjoy your homemade Vegetarian Tortilla Soup!

## Detailed Directions and Instructions

### 1. Preheat the Oven

Preheat your oven to 375°F (190°C) and line two baking sheets with parchment paper.

### 2. Prepare the Chiles and Tortilla

Use kitchen scissors to remove the stems from the dried chiles. Slit them open vertically and remove the seeds. Spread the chiles flat. In a dry skillet over medium heat, toast the chiles for 1 to 2 minutes per side until soft and fragrant. Toast one of the tortillas on each side until puffed up and fragrant.

### **3. Blend the Base**

Place the toasted chiles and tortilla in a blender. Add the diced fire-roasted tomatoes. Blend until smooth.

### **4. Sauté the Aromatics**

In a large pot or Dutch oven, heat 2 tablespoons of avocado oil over medium heat. Add the diced onion (reserving  $\frac{1}{3}$  cup for topping) and  $1\frac{1}{2}$  teaspoons sea salt. Cook, stirring occasionally, for about 8 minutes until softened. Stir in 1 teaspoon ground cumin and  $\frac{1}{4}$  teaspoon dried oregano; cook for 30 seconds until fragrant.

### **5. Combine and Simmer**

Pour the tomato-chile mixture into the pot with the sautéed onions. Cook, stirring, for 2 minutes. Add the grated garlic, 4 cups water or vegetable broth, and the drained black beans. Bring to a simmer and cook for 20 minutes. Add the corn kernels and simmer for an additional 10 minutes.

### **6. Prepare the Tortilla Strips**

While the soup simmers, cut the remaining tortillas into thin strips. Place them on the prepared baking sheets. Drizzle with avocado oil, sprinkle with salt, and toss to coat. Spread them out evenly and bake for 10 to 15 minutes until crispy.

### **7. Adjust Consistency and Seasoning**

If the soup is too thick, add more water or broth to reach your desired consistency. Season with freshly ground black pepper and additional salt to taste.

See also [Dumplings](#)

## **8. Serve**

Ladle the soup into bowls. Top with crispy tortilla strips, reserved diced onion, diced avocado, sliced radishes, fresh cilantro, and crumbled Cotija cheese. Serve with lime wedges on the side for squeezing.

## **Notes**

### **Ingredient Tips**

For the dried chiles, Guajillo or ancho chiles work best for flavor. Adjust the number of chiles based on your spice preference.

### **Serving Suggestions**

Feel free to customize toppings according to your taste. Additional toppings such as jalapeños or sour cream can enhance the dish.

### **Storage Recommendations**

Store leftover soup in an airtight container in the refrigerator for up to 3 days. Reheat gently on the stove.

### **Texture Adjustment**

If the soup becomes too thick upon storage, simply add a splash of broth or water when reheating to restore the desired consistency.





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## Cook techniques

### Toasting Chiles

Toasting dried chiles enhances their flavor and aroma. Use a dry skillet over medium heat, and toast each side for 1 to 2 minutes until they become soft and fragrant. This step is crucial to extract the full flavor profile of the chiles.

### Blending for Smoothness

When blending the toasted chiles and tortilla with the fire-roasted tomatoes, ensure you achieve a smooth consistency. This creates a

well-blended base for your soup, enhancing the overall texture and flavor.

### **Sautéing Aromatics**

Sautéing onions with salt allows them to soften and release their natural sweetness. Cooking aromatics like onion, garlic, cumin, and oregano enriches the dish with deep flavors. Stir occasionally for about 8 minutes until softened and fragrant.

### **Simmering for Flavor**

After combining the tomato-chile mixture with the sautéed aromatics and adding broth, let the soup simmer. This allows the flavors to meld together, enhancing the overall taste. Simmer for at least 30 minutes to develop depth in flavor.

### **Baking Tortilla Strips**

Cutting and baking the tortillas into strips gives them a crispy texture, making them a delightful topping for the soup. Drizzle with avocado oil and bake until golden and crispy for added crunch.

### **Adjusting Consistency**

If your soup is too thick, gradually add more water or vegetable broth. Adjust seasoning with freshly ground black pepper and salt to enhance the final taste. This step ensures the soup has your desired consistency and flavor balance.

See also Caramel Pecan Carrot Cake



## FAQ

### **Can I use fresh chiles instead of dried?**

Yes, you can use fresh chiles, but the flavor will differ. Dried chiles impart a smoky, rich flavor that may be less pronounced with fresh ones.

### **How can I make this soup spicier?**

To add spice, consider using hotter chile varieties, such as serrano or jalapeño. You can also include a pinch of cayenne pepper or hot sauce in the soup.

### **Can I make this soup ahead of time?**

Yes, this soup can be made ahead of time. Store it in the refrigerator for up to 4 days or freeze for longer storage. Reheat on the stove and adjust seasoning if necessary.

### **What can I substitute for Cotija cheese?**

Feta cheese is a suitable substitute for Cotija. You can also use queso fresco or omit cheese entirely for a dairy-free option.

### **Is it possible to use canned beans instead of cooked?**

Absolutely! Canned black beans are convenient and save time. Just remember to drain and rinse them before adding them to the soup.

## Conclusion

The Vegetarian Tortilla Soup is a delightful combination of flavors and

textures, featuring rich, smoky chiles and hearty ingredients like black beans and corn. It's perfect for a cozy dinner or a gathering with friends, showcasing the versatility of vegetarian cooking. You can customize the toppings to suit your taste, ensuring a unique experience with every bowl.

### **Spicy Black Bean Tacos**

Use the same base of black beans and spices to create spicy tacos. Serve in corn tortillas with avocado, cilantro, and a squeeze of lime.

### **Quinoa Stuffed Peppers**

Fill bell peppers with a mixture of cooked quinoa, black beans, corn, and spices, then bake until tender for a nutritious meal.

### **Mexican Street Corn Salad**

Combine grilled corn with lime, cotija cheese, cilantro, and a dash of chili powder for a refreshing side dish that complements the soup.

### **Avocado and Tomato Salad**

Toss together diced avocados, cherry tomatoes, red onion, and a simple lime dressing for a light, zesty salad to enjoy alongside.

### **Vegetarian Enchiladas**

Roll up a mixture of beans, cheese, and vegetables in corn tortillas, top with enchilada sauce, and bake until bubbly.

### **Chili Lime Roasted Chickpeas**

Roast chickpeas with chili powder and lime for a crunchy snack or a

topping for salads and soups, adding an extra layer of flavor.



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