

## Betty's Tortilla Soup--Recipe by Blendtec



Published on 23 May 2012

A great soup for a quick supper. Pulse in corn kernels, black beans, tortilla chips or your favorite add-in for a chunky soup. This recipe is from Blendtec. You can see their blenders and more recipes at [www.blendtec.com](http://www.blendtec.com). Note: This recipe works in a less powerful blender, too; however, you may want to coarsely chop vegetables like carrots before adding them.

### Ingredients:

2 Roma tomatoes, quartered  
½ large carrot  
1" slice red pepper, approximately 1/3 C  
¼ avocado, approximately ¼ C avocado flesh  
1 chunk onion, approximately 2 Tbsp  
1"x1" chunk pepper jack cheese, approximately 1 oz  
2 sprigs fresh cilantro  
1 tsp no-salt herb seasoning  
¾ tsp kosher salt  
¾ tsp garlic powder  
2 C warm water

### INSTRUCTIONS

Add ingredients to jar in order listed and secure lid. Select "Soups" and serve. For more texture, pulse in additional ingredients such as 1/2 cup tortilla chips, black beans, corn kernels, cheese, chicken or fresh tomato.

### VARIATIONS:

For Tomato Basil Soup, follow instructions as above but substitute 6 medium basil leaves for cilantro and add 1/2 tablespoon agave nectar.

### NUTRITIONAL INFORMATION:

Servings 4  
Serving Size 1 cup  
Calories 60  
Fat 3.5 g  
Saturated Fat 1.5 g  
Cholesterol 5 mg  
Sodium 350 mg  
Carbohydrates 5 g  
Fiber 2 g  
Sugar 3 g