

## Mexico: Tortilla Soup – serves 8

6 cups low-sodium vegetable stock, heated  
13 1/2 ounces yellow onions, julienned  
1 1/2 teaspoons canola oil  
7 1/2 ounces portobello mushroom, diced  
6 ounces chayote squash (or zucchini), julienne  
6 ounces corn tortillas, cut into strips and fried or baked until crispy  
9 ounces red bell pepper, julienne  
3 teaspoons fresh garlic, chopped  
3 teaspoons chipotle chile canned in adobo, chopped  
1 1/2 pounds tomatoes, diced  
6 tablespoons lime juice  
6 tablespoons cilantro leaves, whole

1. Add the oil to a soup pot and sauté onions, mushrooms and chayote until the onions are translucent; about 3 minutes.
2. Add red pepper, garlic, and tomato. Cook for 2-3 more minutes.
3. Add the vegetable stock, chipotles, lime juice and cilantro.
4. Bring to a boil and then reduce heat to low. Simmer for 20 minutes.
5. Serve, garnishing with a few tortilla strips

**Per serving:** 126 Calories; 3g Fat (17.0% calories from fat); 5g Protein; 23g Carbohydrate; 4g Dietary Fiber; trace Cholesterol; 93mg Sodium.

**Diabetic exchanges:** 1/2 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 1/2 Fat..