



Vegetable Taco Soup

Prep Time	30 mins
Total Time	50 mins
Meal Type	Lunch,Dinner
Contributed By	LivingPlateRx
Source	Living Plate Teaching Kitchen
Servings	6



Ingredients

lb,c g,ml

- 1 Tbs olive oil
- 1 onion, *chopped*
- 3 cloves garlic, *chopped*
- 2 red bell peppers, *chopped* (green or yellow work too)
- 3 zucchini, *chopped*
- 3 carrots, *peeled and chopped*
- 2 Tbs ground cumin
- 2 tsp chili powder
- 1 (28 oz.) can crushed tomatoes
- 3 cups vegetable broth
- 1 (14.5 oz.) can black beans, *rinsed and drained*
- salt, *to taste*
- 1 lime, *cut in wedges*
- 1/4 cups fresh cilantro, *chopped*
- 1/2 avocado, *diced*
- hot sauce

Directions

Prep

1. Chop onion, garlic, peppers, zucchinis and carrots.
2. Drain black beans.
3. Chop cilantro and dice avocado.

Make

1. Sauté onions and garlic gently in olive oil until soft and fragrant.
2. Add peppers, zucchini, carrots, cumin and chili powder to pot and continue to sauté over low heat until vegetables have softened, about 5 minutes.
3. Add tomatoes and broth. Bring to a boil, then reduce heat and simmer for approximately 20-30 minutes.
4. Stir in beans. Season with salt. Remove from heat and cover until ready to serve.
5. Ladle soup into bowls and garnish with lime juice, cilantro, avocado and hot sauce.

Notes

You can replace the cumin and chili powder with 2 Tbsp. + 1 tsp. of the Taco Seasoning Blend recipe searchable on your meal planner.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	231	Total Fat 6.9g	10%	Total Carbohydrates 37g	12%
		Saturated Fat 1.1g	5%	Dietary Fiber 12g	46%
		Trans Fat 0.0g		Total Sugars 13g	
		Cholesterol 0mg	0%		
		Sodium 607mg	26%	Protein 11g	
Vitamin D 0mcg 0% · Calcium 132mg 13% · Iron 5mg 30% · Potassium 1149mg 24%					

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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