

Say Cheeze Tortilla Soup



This Mexican style blend is high in fiber and contains heart healthy monounsaturated fatty acids from the avocado.

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Nutrition Info

Makes: fluid ounces

= cups

= milliliters (mL)

Calories: 990 kcal

Kcals/ mL: kcal/ mL

Carbohydrate: 48.6%

Protein: 44%

Fat: 34%

Make it for the whole family:

<https://www.allrecipes.com/recipe/13351/chicken-tortilla-soup-i/>

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Ingredients

- 1 cup brown rice, cooked
- 1 cup water
- 4 ounce (1 small container) plain lowfat greek yogurt
- ¼ cup avocado, cubed
- 2 tablespoons canned green chili peppers
- 2 tablespoons chopped vidalia onion
- 1 cup fresh spinach
- ½ cup tomato sauce
- 1 cup fat free refried beans
- 1 ounce (about 8) tortilla chips
- ½ teaspoon ground cumin
- ⅓ cup shredded cheese

Preparation

1. Add all ingredients to blender in order listed. Blend until completely smooth. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.

Kitchen Gear

Medium pot

Chef knife

Cutting board

Food scale

High speed blender

Measuring tools:

- 1 cup, ½ cup, ⅓ cup, ¼ cup
- Tablespoon

Tips

Swap avocado oil or grapeseed oil for avocado.



For more recipes and information visit www.CookingForTubies.com
Recipes by Registered Dietitian & Tubie Mom Courtney Stinson

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