



Healthy Eating & Weight Loss

Tomato Tortilla Soup

- 2 tsp olive oil
- 1 cup chopped onions
- 4 large garlic cloves, minced or pressed
- 1-2 minced 1 inch long chilies -- or to taste
- 1 tsp ground cumin seeds
- 3 1/2 cups chopped fresh tomatoes
- 3 cups vegetable stock
- 1/2 cup fresh lime juice
- salt to taste
- grated monterey jack cheese - garnish
- crumbled tortilla chips - garnish

In a medium soup pot, saute the onions and garlic in the oil until the onions are translucent. Add the chilies and cumin and saute a few more minutes. Add the tomatoes. Cover the pot and cook gently, stirring occasionally until the tomatoes begin to release their juices. Add the stock and simmer, covered for about 15 minutes. Add the lime juice and salt to taste.

Serve topped with a small amount of grated cheese and crumbled tortilla chips. Makes 6 servings

100 calories per serving, 5 g protein

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