



BLUE ZONES PROJECT
by sharecare

RECIPES

*From the kitchen of:
Blue Zones Project®*





FROM THE KITCHEN OF:
BLUE ZONES PROJECT®

Hearty Vegetable Tortilla Soup

Ingredients

- 2 T olive oil or oil of choice
- 1 medium yellow onion, chopped
- 3 stalks celery, sliced
- 2 cloves freshly minced garlic
- 2 deseeded, sliced jalapeno
- 2 large Roma tomatoes, chunked
- 3 medium sized yellow squashes, chunked
- 4 cans low sodium vegetable stock/broth (14 oz)
- 3 T ground cumin
- salt and pepper to taste
- tortilla strips
- *[optional] Cilantro, bell peppers, sliced jalapeno, cheddar cheese, avocados*

Directions

1. Heat 2 tablespoons oil in large pot.
2. Sauté coarsely chopped onion, chopped celery, and chopped carrots. Cook until vegetables become soft and onions translucent [you can also add red and yellow bell pepper for added flavor at this point if you'd like].
3. Lower heat and add 2 cloves of chopped garlic, one deseeded jalapeno, and cumin.
4. Add thickly diced Roma tomatoes with juice, and coarsely chopped yellow squash.
5. Add 4 cans vegetable broth
6. Allow stock and vegetables to cook until all veggies are soft approximately 30 mins.
7. Add salt and pepper to taste
8. Serve with tortilla strips, and **optional:** cilantro, sliced jalapenos, cheddar cheese, or sliced avocados.