

March 5, 2021 – Latin American

Vegetarian Tortilla Soup - Nancy Meehan

YIELD Serves 4

INGREDIENTS

- Nonstick vegetable oil spray
- 3/4 cup chopped onion
- 2 garlic cloves, minced
- 1 tablespoon tomato paste
- 1 teaspoon ground cumin
- 3/4 teaspoon chili powder
- 4 cups canned vegetable broth
- 4 tablespoons chopped fresh cilantro
- 1 can diced tomatoes
- 1 can black beans, drained and rinsed
- 1 can corn, drained
- 1 1/2 tablespoons minced seeded jalapeño chili

PREPARATION

Spray large nonstick saucepan with vegetable oil spray. Add onion and garlic; cover and cook over medium-low heat until almost tender, stirring often, about 5 minutes. Stir in tomato paste, cumin and chili powder. Add broth and 2 tablespoons cilantro; bring to boil. Reduce heat; cover and simmer until flavors blend, about 15 minutes. (Can be made 1 day ahead. Cover; chill. Bring to simmer before continuing.)

Add tortillas, tomatoes, beans, corn, and jalapeño to soup. Cover; simmer for about 5 minutes. Season with salt and pepper.

Ladle soup into bowls. Sprinkle with remaining 2 tablespoons cilantro. Serve with lime wedges and tortilla chips

Per Serving: calories, 157; total fat, 3g; saturated fat, 0.5g; cholesterol, 0mg.

Chili Rellenos Casserole - Nancy Meehan

This Chili Rellenos Casserole is very easy to prepare and is loaded with flavor. Great for a busy week night, and good enough for company.

Prep: 15 mins

Cook: 45 mins

Total: 1 hr

Servings: 6

Yield: 6 servings

Ingredients

- 2 (7 ounce) cans whole green chile peppers, drained
- 8 ounces Monterey Jack cheese, shredded
- 8 ounces Longhorn or Cheddar cheese, shredded
- 2 eggs, beaten
- 1 (5 ounce) can evaporated milk
- 2 tablespoons all-purpose flour
- ½ cup milk
- 1 (8 ounce) can tomato sauce

Directions

Preheat oven to 350 degrees F (175 degrees C). Spray a 9x13-inch baking dish with cooking spray.

Lay half of the chilies evenly in bottom of baking dish. Sprinkle with half of the Jack and Cheddar cheeses, and cover with remaining chilies. In a bowl, mix together the eggs, milk, and flour, and pour over the top of the chilies.

Bake in the preheated oven for 25 minutes. Remove from oven, pour tomato sauce evenly over the top, and continue baking another 15 minutes. Sprinkle with remaining Jack and Cheddar cheeses, and serve.

Per Serving:

387 calories; protein 23.9g; carbohydrates 12g; fat 27.6g; cholesterol 139.9mg; sodium 1449.4mg.