

tortilla soup

- 1 package chicken style seitan, drained and chopped
- 1 15 oz. can white beans, drained
- 1 15 oz. can pinto beans, drained
- 1 15 oz. can crushed tomatoes
- 1 1/2 quarts no-chicken or veggie broth
- 1 large red bell pepper, chopped
- 1/2 vidalia onion, chopped
- 2 jalapeno peppers, seeded and chopped
- 1 large anaheim chili pepper, seeded and chopped
- 3 cloves garlic, chopped
- 1/4 tsp. cayenne pepper, handful cumin, garlic powder, onion powder, and dash of oregano, or
- 1 packet of your favorite taco seasoning mix
- zest of 1 lime
- olive oil

heat 2 tbsp. olive oil in skillet. saute onion until clear. add garlic and saute for a minute or so. add all three peppers and heat through. add seitan, and then sprinkle in spices to coat. add broth and heat to boiling, then cover and reduce to simmer. add beans, tomatoes, and squeeze of lime. cover to simmer.

after an hour or so, when soup has simmered its flavors together, ladle into a bowl and garnish. avacado wedges, lime slices, vegan sour cream and tortilla strips add cool tastes and crispy texture to this soup.

tortilla strips are easy to make. slice corn tortillas into 1/2 inch strips. heat canola oil to 375 degrees in a deep skillet or deep fryer. add strips and fry for 2-3 minutes, or until light golden brown. remove to drain on paper towels. sprinkle with sea salt to taste. what a treat!