



## Aztec Avocado Chipotle Soup

By Dylan Sabuco

**Prep Time** 10 / **Cook Time** 20 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

**chop:** to cut something into small, rough pieces using a blade.

**measure:** to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

**simmer:** to cook a food gently, usually in a liquid, until softened.

**stir:** to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

### Equipment

- Large pot
- Cutting board + kid-safe knife
- Measuring spoons
- Liquid measuring cup
- Can opener
- Wooden spoon
- Ladle

### Ingredients

Aztec Avocado Chipotle Soup

- 2 medium roma tomatoes **\*\***(for NIGHTSHADE ALLERGY sub 1 medium beet, golden or red)**\*\***
- 3 green onions

- 1 T vegetable oil \*\*
- 1 tsp salt
- 1/4 tsp ground black pepper
- 1/2 tsp ground cumin
- 1/2 tsp chipotle powder \*\*(for NIGHTSHADE ALLERGY sub ground mustard)\*\*
- 1/2 15-oz can black beans \*\*(for LEGUME ALLERGY sub 1 C zucchini, diced)\*\*
- 1/2 C frozen corn
- 1 vegetable bouillon cube (or 1 tsp bouillon powder/paste) \*\*(check label for possible allergens, like gluten, soy, or nightshade, and omit if necessary)\*\*
- 4 C water
- 1 avocado
- 1/3 bunch cilantro, optional
- 1 lime, optional

## Food Allergen Substitutions

### Aztec Avocado Chipotle Soup

**Legume:** For 1/2 15-oz can of black beans, substitute 1 C diced zucchini.

**Nightshade:** For 2 roma tomatoes, substitute 1 medium beet, golden or red. Substitute ground mustard for chipotle powder.

**Gluten/Soy/Nightshade:** Check vegetable bouillon cube ingredients listed on label and, if necessary, omit and add an extra 1/2 tsp salt to recipe.

## Instructions

### Aztec Avocado Chipotle Soup

#### intro

Hola! This soup recipe is based on one of my favorites: tortilla soup. Tortilla soup combines chopped vegetables with a tomato-based broth, simmered with a few spices commonly found in taco seasoning. Then, before you dive in for a spoonful, the star of this soup is the garnishes. You can add cilantro, avocado, and even dunk crispy **Crunchy Bean Flauta Bites** in this flavorful soup. Enjoy!

#### chop + sauté

Start off by chopping **2 medium roma tomatoes** and **3 green onions** into a large dice. Drizzle **1 tablespoon vegetable oil** into a large pot over medium heat. Add in your chopped tomatoes and onions. Cook the mixture for about 2 minutes, stirring occasionally.

#### measure + stir

Measure **1 teaspoon salt**, **1/4 teaspoon black pepper**, **1/2 teaspoon cumin**, and **1/2 teaspoon chipotle powder**, then pour the spices into the pot. Stir until all the ingredients are mixed thoroughly.

#### scrumptious science

It is always a good idea to add dried herbs and spices towards the beginning of any recipe you are cooking. Dried herbs and spices derive their flavor from the oil that is deep inside. Those oils become less potent over time, sitting in jars in our cabinets. Heating the dried herbs and spices gently with vegetable oil will help make the flavor stronger in the end.

#### measure + pour

Open and drain **1 can of black beans**. Then, use half the can for the Aztec Avocado Chipotle Soup and the other half for Black Bean Flauta Bites (see recipe), if making. Add half the can of black beans, **1/2 cup frozen corn**, **1 vegetable bouillon cube**, and **4 cups water** to the large pot. Stir a few times to combine.

#### simmer

Bring the soup to a simmer and cook for 15 minutes. You can continue to simmer the soup for as long as you would like to keep it warm for eating. The longer it cooks, the more flavorful the soup will be. If you simmer away too much liquid, or would like to reheat the soup later, add a cup of water and simmer for 5 more minutes to return the soup to its original consistency. Anytime you do this you will need to add a pinch of salt.

#### chop + eat

All of the green ingredients run the risk of losing their vibrant color if added in the first steps of a recipe. Right before you eat the soup, prepare the garnishes. Dice **1 avocado**, roughly chop **1/3 bunch of cilantro**, and slice **1 lime** into wedges. Scoop the soup into bowls and put a little of each garnish ingredient of your choice on top. Enjoy!

## Featured Ingredient: Chipotle!

Hi! I'm a Chipotle!

"Did you know that we are ripe, smoke-dried jalapeño peppers? The fresh jalapeños you may be used to are green, but ripe ones are red, and those red jalapeños are used for chipotles. We don't look as young and fresh as a green one and are a bit wrinkly, but we have a smoky, sweet flavor that's great in Mexican and Tex-Mex dishes!"

Smoke-drying jalapeño peppers was done in Mesoamerica by the Aztecs. The word "chipotle" (chih-POHT-lay) comes from the Nahuatl or Aztec words "chil" and "potle," meaning "smoked chili."

There are two varieties of chipotle: "morita" and "meco." The morita is smaller and darker than the meco because it does not stay on the vine as long and is not smoked as long. It is more commonly found in the United States. The meco is primarily sold in Mexico, and because it is smoked longer, it is grayer in color with a smokier taste.

You can find chipotle in many forms, including packaged whole dried peppers, canned whole or diced chipotles in adobo sauce, powder, flakes, pods, and concentrated chipotle base.

As with fresh jalapeños, remove the seeds before adding them to recipes if you want less spicy heat in your chipotles.

You can use chipotle in salsas, barbecue, enchilada, or hot sauce, and meat marinades. You'll find chipotle in tacos, burritos, chili, soups, stews, and any dish where smoky flavor would be welcome.