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Vegetarian Lentil Tortilla Soup

Ingredients

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| 1 small onion, diced | 15 oz. can black beans (drained/rinsed) |
| 1 TBSP canola oil | 15 oz. can pinto beans (drained/rinsed) |
| 1 orange bell pepper, diced | 1 cup corn (drained/rinsed) |
| 2 jalapeno peppers, diced | 1 cup dried lentils |
| 2½ cups low-sodium vegetable broth | 1 tsp. chili powder |
| 15 oz. canned crushed tomatoes | 1 tsp. garlic powder |
| ½ cup salsa | ½ tsp. cumin |
| 1 TBSP tomato paste | ¼ cup half and half* |
| | Add salt and pepper to taste |

Directions

1. Bring a large pot to medium heat and add canola oil.
2. Add onion to the pot and saute until edges are golden, then add the bell pepper, jalapeno, and corn. Cook until peppers are tender, approximately five minutes.
3. Next add the vegetable broth, crushed tomatoes, tomato paste, salsa, beans, and spices; stir to mix.
4. Let the mixture come to a boil and add your dried lentils. Once boiling, reduce heat to medium-low and let simmer, covered, for 25-30 minutes.
5. Remove pot from heat and stir in the half and half. Allow to cool for about 5-10 minutes, then scoop out a bowl and add on your favorite toppings! Crushed tortilla chips, sliced jalapenos, tomatoes, salsa, and a sprinkle of cheese make this a hit!

*Optional: omit for vegan recipe.

Capital Blue Cross is an Independent Licensee of the Blue Cross Blue Shield Association, serving 21 counties in Central Pennsylvania and the Lehigh Valley.

Nutrition Facts

1 serving

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| Calories | 380 |
| Total Fat | 6g |
| Saturated Fat | 1g |
| Cholesterol | 5mg |
| Sodium | 780mg |
| Total Carbohydrates | 63g |
| Dietary Fiber | 22g |
| Sugar | 12g |
| Protein | 20g |