

Rosita's Tortilla Soup

From the kitchen of Rosita Arreguin, San Antonio

Preparation time: 20 minutes

Number of servings: 8

Ingredients:

6 cups water

2 medium tomato, chopped

½ medium onion, chopped

4 branches cilantro, cut

2 Serrano chilies, chopped

½ can tomato paste

¾ cups shredded mozzarella cheese

6 corn tortillas cut into squares

Salt and pepper to taste (optional)

Preparation:

1. Bring water to a boil. Add tomato, cilantro, chilies, onion, and tomato paste to boiling water.
2. Cook 15 minutes over medium flame, stirring frequently. Cover but leave lid cracked to prevent boiling over.
3. Toast tortilla squares in oven for 1-2 minutes.
4. Add tortillas and cheese to soup just before serving. Add salt and pepper, if desired.

Nutrition information per serving:

FAT: 30% of calories from fat (low)

FIBER: 2 grams (high)

CALORIES: 125



TIP

Use low-fat cheese to keep the fat content down.