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Prevent and Protect
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SPICY TORTILLA SOUP WITH SHRIMP AND AVOCADO

(COOKING LIGHT - MARCH 2011)

Yield: 4 servings (serving size about 1 ¾ cups)

- 1 tablespoon olive oil
- 1 cup pre-chopped onion
- 1/3 cup pre-chopped celery
- 1/3 cup chopped carrot
- 1 tablespoon minced chipotle chile, canned in adobo sauce
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- 2 teaspoons minced garlic
- 4 cups fat-free, lower-sodium chicken broth
- 1 (15-oz) can white hominy, rinsed and drained
- 1 (15-oz) can no-salt-added fire-roasted diced tomatoes, undrained
- 12 ounces peeled and deveined medium shrimp
- 1 tablespoon fresh lime juice
- 1/8 teaspoon salt
- 1/2 cup lightly crushed baked tortilla chips (about 1 ounce)
- 1 cup diced avocado (about ½ pound)
- 2 tablespoons fresh cilantro leaves (optional)

- Heat a Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add onion and next 6 ingredients (through garlic); cook 6 minutes or until carrot is crisp-tender, stirring occasionally.
- Add broth, hominy, and tomatoes; bring to a boil. Cover and cook 6 minutes, stirring occasionally. Add shrimp; cook 2 minutes or until shrimp are done.
- Remove from heat; stir in juice and salt. Divide shrimp mixture evenly among 4 bowls; top evenly with chips and avocado.
- Garnish with cilantro, if desired.