Mexican Lime Soup

This soup is colorful and fun to offer to guests. Serve in large bowls and crumble healthy chips on top of soup before enjoying.

From *The Engine 2 Diet*

By

Serves 4 to 6
Ready In: 25 minutes

INGREDIENTS:

1 large onion, chopped

8 ounces mushrooms, quartered

2 bay leaves

2 cloves garlic, chopped or pressed

3 poblano peppers, toasted, seeded, skinned, and cut into strips

2 to 3 (32-ounce) cartons low-sodium vegetable stock

2 ears of corn, husks removed and cut into 2-inch rounds

4 medium cooked red potatoes, cut into 1-inch cubes

1 bunch cilantro, rinsed and chopped

Juice of 3 limes

Zest of 1 lime

4 tomatoes, chopped

2 avocados, peeled and sliced

Corn tortillas strips

1. Place onion, mushrooms, and bay leaves into a large soup pot. Sauté over medium heat for 5 minutes, until onions brown, adding 1 to 2 tablespoons of water or low-sodium vegetable stock to keep vegetables from sticking.

2. Add garlic, peppers, and 1 cup of stock. Cook, stirring occasionally, for 5 minutes, until peppers begin to soften.

3. Add remaining stock, corn, and potatoes. Cover and cook over medium heat for 10 minutes, until corn is tender.

4. Remove from heat and let sit covered for 5 minutes.

5. Add cilantro, lime juice, and zest immediately before serving.

6. Place a handful each of tomatoes, avocados, and tortillas strips into large soup bowls.

7. Pour hot soup directly over vegetables and tortillas strips; serve immediately.