



# Vegetable Taco Soup

Prep Time 30 mins  
 Total Time 50 mins  
 Meal Type Lunch, Dinner  
 Contributed By



Source [Living Plate Teaching Kitchen](#)

Servings 6



## Ingredients

lb,c g,ml

- 1 Tbs olive oil
- 1 onion, *chopped*
- 3 cloves garlic, *chopped*
- 2 red bell peppers, *chopped* (green or yellow work too)
- 3 zucchini, *chopped*
- 3 carrots, *peeled and chopped*
- 2 Tbs ground cumin
- 2 tsp chili powder
- 1 (28 oz.) can crushed tomatoes
- 3 cup vegetable broth
- 1 (14.5 oz.) can black beans, *rinsed and drained*
- salt, *to taste*
- 1 lime, *cut in wedges*
- 1/4 cup fresh cilantro, *chopped*
- 1/2 avocado, *diced*
- hot sauce

## Directions

### Prep

1. Chop onion, garlic, peppers, zucchinis and carrots.
2. Drain black beans.
3. Chop cilantro and dice avocado.

### Make

1. Sauté onions and garlic gently in olive oil until soft and fragrant.
2. Add peppers, zucchini, carrots, cumin and chili powder to pot and continue to sauté over low heat until vegetables have softened, about 5 minutes.
3. Add tomatoes and broth. Bring to a boil, then reduce heat and simmer for approximately 20-30 minutes.
4. Stir in beans. Season with salt. Remove from heat and cover until ready to serve.
5. Ladle soup into bowls and garnish with lime juice, cilantro, avocado and hot sauce.

## Notes

The serving size of beans and avocado are considered low-FODMAP.

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Calories per serving	<b>231</b>	<b>Total Fat</b> 6.9g	10%	<b>Total Carbohydrates</b> 37g	12%
		Saturated Fat 1.1g	5%	Dietary Fiber 12g	46%
		Trans Fat 0.0g		Total Sugars 13g	
		Cholesterol 0mg	0%	<b>Protein</b> 11g	
		Sodium 607mg	26%		
		Vitamin D 0mcg 0% · Calcium 132mg 13% · Iron 5mg 30% · Potassium 1149mg 24%			

\* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

- Show all nutrients -