

Chipotle Tomato Soup with Crispy Quinoa Topping

Chipotle chiles are smoked, dried jalapeño peppers, and they lend a rich flavor and some heat here. Warning: the crispy soy nut topping is highly addictive. We love piling this soup high with toppings like avocado, green onions, radishes and a generous squeeze of lime.

Ingredients

2 tbsp extra-virgin olive oil
2 large carrots, sliced into half-moons
2 large stalks celery, sliced
1 yellow onion, diced
1/2 bunch Swiss chard, stems separated from leaves, both chopped (about 3 large leaves), divided
2 cloves garlic, finely chopped
4 to 6 whole dried chipotle chiles (NOTE: You can also use 2 canned chipotles in adobo; however, we love the flavor the dried chiles provide.)
1 15-oz jar or BPA-free can diced unsalted tomatoes, with juices
1 tsp each ground cumin and dried oregano flakes
6 cups low-sodium vegetable broth
1 cup frozen fire-roasted corn (or regular corn)
1 tsp sea salt
Optional toppings: lime, chopped avocado, sliced radishes, sliced green onions

Crispy soy nut topping

1 1/2 tsp coconut oil
3/4 cup [Dry Roasted Soy Nuts Unsalted](#)
2 tsp fresh garlic
1 tsp sea salt,
1 tsp red chili pepper
1/2 tsp black pepper

Preparation

In a large pot on medium, heat olive oil. Add carrots, celery, onion, chard stems and garlic and sauté until tender, about 6 minutes.

Add chiles, tomatoes, cumin and oregano and sauté for 2 minutes. Stir in broth, corn and salt. Bring to a boil and reduce to a simmer; cover and cook until carrots are tender, about 20 minutes.

Meanwhile, prepare topping: In a skillet on medium, heat coconut oil. Add garlic, sea salt, red chili pepper and black pepper. Add soy nuts and heat gently, stirring frequently, until crispy, 6 to 8 minutes.

To soup, stir in chard leaves; turn off heat. Remove chiles, divide among bowls and top with crispy quinoa and optional toppings.