



Aztec Avocado Chipotle Soup + Crunchy Bean Flauta Bites + Spicy-Sweet Lime Aguas Frescas

By Dylan Sabuco

Prep Time 25 / Cook Time 28 / Serves 4 - 6

Shopping List

FRESH AND FROZEN

1 avocado

2 medium roma tomato **** (see allergy subs below) ****

3 green onions

3 to 4 limes (1 optional for soup)

1/3 bunch of cilantro, optional

1/2 C frozen corn

PANTRY

1 15-oz can black beans **** (see allergy subs below) ****

1 vegetable bouillon cube (or 1 tsp bouillon powder/paste) **** (see allergy subs below) ****

1 1/2 tsp salt

1/2 tsp ground black pepper

3/4 tsp ground cumin

3/4 tsp chipotle powder **** (see allergy subs below) ****

2/3 C vegetable oil ******

12 corn tortillas

1/2 C granulated sugar

- HAVE ON HAND
- 8 C water
- toothpicks
- 2 C ice, optional

Fun-Da-Mentals Kitchen Skills

chop: to cut something into small, rough pieces using a blade.

measure: to calculate the specific amount of an ingredient required using a measuring tool (like measuring cups or spoons).

simmer: to cook a food gently, usually in a liquid, until softened.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

fry: to fry in a pan in a small amount of fat.

roll: to use a rolling pin to flatten dough; use your hands to form a roll or ball shape; or move a round food, like a grape or a meatball, through another food, like sugar or breadcrumbs, to coat it.

juice: to extract or squeeze out the juice of a fruit or vegetable, like a lemon, orange, or carrot, often cutting open or peeling the fruit or veggie first to access its flesh.

stir: to mix together two or more ingredients with a spoon or spatula, usually in a circle pattern, or figure eight, or in whatever direction you like!

smash: to break up food into smaller pieces or squash food to flatten or soften it.

Equipment

- Pitcher
- Cutting boards + kid-safe knife
- Citrus juicer (optional)
- Dry measuring cups
- Liquid measuring cup
- Whisk
- Large pot
- Cutting board + kid-safe knife

- Measuring spoons
- Can opener
- Wooden spoon
- Ladle
- Medium mixing bowl
- Masher
- Toothpicks
- Tongs

Ingredients

Aztec Avocado Chipotle Soup

- 2 medium roma tomatoes **** (for NIGHTSHADE ALLERGY sub 1 medium beet, golden or red)****
- 3 green onions
- 1 T vegetable oil ******
- 1 tsp salt
- 1/4 tsp ground black pepper
- 1/2 tsp ground cumin
- 1/2 tsp chipotle powder **** (for NIGHTSHADE ALLERGY sub ground mustard)****
- 1/2 15-oz can black beans **** (for LEGUME ALLERGY sub 1 C zucchini, diced)****
- 1/2 C frozen corn
- 1 vegetable bouillon cube (or 1 tsp bouillon powder/paste) **** (check label for possible allergens, like gluten, soy, or nightshade, and omit if necessary)****
- 4 C water
- 1 avocado
- 1/3 bunch cilantro, optional
- 1 lime, optional

Crunchy Bean Flauta Bites

- 1/2 15-oz can black beans **** (for LEGUME ALLERGY sub 1 C mushrooms, chopped)****

- 1/4 tsp ground cumin
- 1/2 tsp salt
- 1 pinch ground black pepper
- 12 corn tortillas
- 1/2 C vegetable oil **
- toothpicks

Spicy-Sweet Lime Aguas Frescas

- 3 limes
- 1/2 C granulated sugar
- 1 to 2 pinches of chipotle powder, to taste **(for NIGHTSHADE ALLERGY sub ground cumin)**
- 4 C water
- 2 C ice, optional

Food Allergen Substitutions

Aztec Avocado Chipotle Soup

Legume: For 1/2 15-oz can of black beans, substitute 1 C diced zucchini.

Nightshade: For 2 roma tomatoes, substitute 1 medium beet, golden or red. Substitute ground mustard for chipotle powder.

Gluten/Soy/Nightshade: Check vegetable bouillon cube ingredients listed on label and, if necessary, omit and add an extra 1/2 tsp salt to recipe.

Crunchy Bean Flauta Bites

Legume: For 1/2 15-oz can of black beans, substitute 1 C chopped mushrooms.

Soy: Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

Spicy-Sweet Lime Aguas Frescas

Nightshade: Substitute ground cumin for chipotle powder.

Instructions

Aztec Avocado Chipotle Soup

intro

Hola! This soup recipe is based on one of my favorites: tortilla soup. Tortilla soup combines chopped vegetables with a tomato-based broth, simmered with a few spices commonly found in taco seasoning. Then, before you dive in for a spoonful, the star of this soup is the garnishes. You can add cilantro, avocado, and even dunk crispy **Crunchy Bean Flauta Bites** in this flavorful soup. Enjoy!

chop + sauté

Start off by chopping **2 medium roma tomatoes** and **3 green onions** into a large dice. Drizzle **1 tablespoon vegetable oil** into a large pot over medium heat. Add in your chopped tomatoes and onions. Cook the mixture for about 2 minutes, stirring occasionally.

measure + stir

Measure **1 teaspoon salt**, **1/4 teaspoon black pepper**, **1/2 teaspoon cumin**, and **1/2 teaspoon chipotle powder**, then pour the spices into the pot. Stir until all the ingredients are mixed thoroughly.

scrumptious science

It is always a good idea to add dried herbs and spices towards the beginning of any recipe you are cooking. Dried herbs and spices derive their flavor from the oil that is deep inside. Those oils become less potent over time, sitting in jars in our cabinets. Heating the dried herbs and spices gently with vegetable oil will help make the flavor stronger in the end.

measure + pour

Open and drain **1 can of black beans**. Then, use half the can for the Aztec Avocado Chipotle Soup and the other half for Black Bean Flauta Bites (see recipe), if making. Add half the can of black beans, **1/2 cup frozen corn**, **1 vegetable bouillon cube**, and **4 cups water** to the large pot. Stir a few times to combine.

simmer

Bring the soup to a simmer and cook for 15 minutes. You can continue to simmer the soup for as long as you would like to keep it warm for eating. The longer it cooks, the more flavorful the soup will be. If you simmer away too much liquid, or would like to reheat the soup later, add a cup of water and simmer for 5 more minutes to return the soup to its original consistency. Anytime you do this you will need to add a pinch of salt.

chop + eat

All of the green ingredients run the risk of losing their vibrant color if added in the first steps of a recipe. Right before you eat the soup, prepare the garnishes. Dice **1 avocado**, roughly chop **1/3 bunch of cilantro**, and slice **1 lime** into wedges. Scoop the soup into bowls and put a little of each garnish ingredient of your choice on top. Enjoy!

Crunchy Bean Flauta Bites

intro

Think of a flauta (FLAU-tuh) like a rolled taco. This recipe will help you create mini flautas perfect for dunking into our **Aztec Avocado Chipotle Soup**. These crunchy creations will be perfect for soaking up all the delicious broth.

drain + smash

Open and drain **1 can of black beans**. You will use half for the Crunchy Bean Flauta Bites and the other half you can add to Aztec Avocado Chipotle Soup if making. Smash **1/2 can black beans** in a medium mixing bowl.

season + roll

Season the smashed beans with **1/4 teaspoon cumin**, **1/2 teaspoon salt**, and **1 pinch of black pepper**. Stir until fully combined. Lay out **12 corn tortillas** on a clean surface. Scoop 1 to 2 heaping teaspoons of the bean mixture onto each tortilla, placing it in the center of each. If you have any leftover beans, distribute the remaining beans evenly among the tortillas in a line down the center. Roll the tortillas into long tubular shapes. Be sure to roll them tightly while being as gentle as possible. Stick at least **2 toothpicks** into the flauta to hold it together while cooking.

heat + fry

Pour **1/2 cup of vegetable oil** into a medium pot over high heat. If you have a thermometer, the temperature of the oil should be as close to 350 F as possible before frying. Once the oil is shimmering or rippling at the surface, carefully place as many flautas into the oil as possible using tongs. Don't make the pot too crowded; leave a bit of space between each flauta. Cook on both sides for 4 minutes, or until golden brown.

crunch + munch

Cook as many batches of flautas as needed. Then, remove the toothpicks and serve the flautas alongside our Aztec Avocado Chipotle Soup, another soup, or as a snack. Dip, crunch, and munch these tasty rolled tacos to your heart's content.

Spicy-Sweet Lime Aguas Frescas

juice + scoop

Juice **3 limes** into a pitcher. After squeezing out all the juices, scoop out as much pulp as you can. Place the pulp in the pitcher as well.

measure + whisk

Measure and add **1/2 cup sugar** and **1 to 2 pinches of chipotle powder** to the pitcher. Only use as much chipotle as you will enjoy. The spice level can increase quickly if you add too much. Whisk the

mixture until the sugar is dissolved.

pour + cheers

Pour in **4 cups of water** and stir. Then, pour the Spicy-Sweet Lime Aguas Frescas over **ice** or enjoy as is!

Featured Ingredient: Chipotle!

Hi! I'm a Chipotle!

"Did you know that we are ripe, smoke-dried jalapeño peppers? The fresh jalapeños you may be used to are green, but ripe ones are red, and those red jalapeños are used for chipotles. We don't look as young and fresh as a green one and are a bit wrinkly, but we have a smoky, sweet flavor that's great in Mexican and Tex-Mex dishes!"

Smoke-drying jalapeño peppers was done in Mesoamerica by the Aztecs. The word "chipotle" (chih-POHT-lay) comes from the Nahuatl or Aztec words "chil" and "potle," meaning "smoked chili."

There are two varieties of chipotle: "morita" and "meco." The morita is smaller and darker than the meco because it does not stay on the vine as long and is not smoked as long. It is more commonly found in the United States. The meco is primarily sold in Mexico, and because it is smoked longer, it is grayer in color with a smokier taste.

You can find chipotle in many forms, including packaged whole dried peppers, canned whole or diced chipotles in adobo sauce, powder, flakes, pods, and concentrated chipotle base.

As with fresh jalapeños, remove the seeds before adding them to recipes if you want less spicy heat in your chipotles.

You can use chipotle in salsas, barbecue, enchilada, or hot sauce, and meat marinades. You'll find chipotle in tacos, burritos, chili, soups, stews, and any dish where smoky flavor would be welcome.