

# Mighty Mexican Tortilla Soup + Lime Crema + Blood Orange Rock-A-Ritos



## mighty mexican tortilla soup

### chop+combine+simmer

Chop up **3 Roma tomatoes** and then combine with **6 C broth**, **1 C fresh or frozen/thawed corn kernels**, **a pinch of salt**, **2 T olive oil**, and **a pinch of black pepper** in a saucepan on your stovetop. Bring to a boil, cover, reduce the heat, and simmer on low for about 10-15 minutes.

### cube+squeeze

While the broth is simmering, cube **1 avocado** and squeeze with the juice of **1 lime**.

### grate+smash+tear

Then, grate **1 C Monterey Jack cheese**, smash up **2 C tortilla chips**, and tear up **½ small bunch cilantro leaves**.

### fill+ladle+dollop

Fill the bottom of each person's bowl with some chopped avocado, smashed tortilla chips, grated cheese, and torn cilantro. Then ladle the hot soup over the bowls. Add a dollop of lime crema (recipe below) before serving!

*::continued::*

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lime crema

zest+combine

Zest and juice 1 lime. Then combine 1/4 tsp lime zest, 1/2 tsp lime juice, 3/4 C sour cream or plain whole milk Greek yogurt, a pinch of salt and a pinch of sugar in a small bowl.

whisk+adjust

Whisk everything in the bowl together and taste - adding more lime juice until it is perfectly lime-y! Sprinkle with a bit of extra lime zest and then add a dollop to each bowl of tortilla soup.

blood orange rock-a-ritos

slice+squeeze

Slice 3 blood oranges into wedges and squeeze all of the juice out into a blender or pitcher. Add a squeeze of lime juice as well.

measure+blend+top

Measure 2-3 T sugar, pinch of salt, and 1/2 C ice and add into your blender/pitcher. Blend it all up! Top it off with 1 C sparkling water, divide into cups, and enjoy!

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## shopping list

### Mighty Mexican Tortilla Soup

- 6 C veggie broth
- 2 T olive oil
- 1 C corn kernels, fresh or frozen/thawed
- 3 Roma tomatoes
- salt and pepper, to taste
- 1 avocado
- 1 lime
- 2 C tortilla chips
- 1 C Monterey Jack cheese
- ½ small bunch cilantro

### Lime Crema

- ¾ C sour cream OR plain whole milk Greek yogurt
- 1 lime
- pinch of salt
- pinch of sugar

### Blood Orange Rock-A-Ritas

- 3 blood oranges
- squeeze of lime juice
- 2-3 T sugar (sub 2 packs Stevia)
- ½ C ice
- pinch of salt
- 1 C sparkling water

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## History of Tortilla Soup

There are a variety of stories regarding the origin of tortilla soup. Some believe it to have originated in the Southwest US in the 1960s. Others suggest it may have come from Mexican home cooks who improvised ways to use stale corn tortillas. Was it invented in the US and then migrated south to Mexico or the other way around? No one really knows! Today, classic tortilla soup, the way you'd find it in Mexico City, is simply good chicken broth combined with roasted tomatoes, onion, garlic, chiles, and tortilla chips.

## The surprise ingredient: Citrus Fruits!

- ★ **The citrus family of fruits includes all the many varieties of lemons, limes, oranges, and grapefruits.**
- ★ **Food historians say that lemons have been in cultivation around the Mediterranean from as early as the first century A.D.** Limes are native to Southeast Asia and probably originated in Indonesia or Malaysia. They made their way to the eastern Mediterranean with the Arabs and to the western Mediterranean with returning Crusaders and eventually to the West Indies, when Columbus introduced citrus fruits there on his second voyage. Columbus also brought the first orange seeds and seedlings on this voyage in 1493.
- ★ **High in vitamin C, citrus fruits prevent scurvy, a disease that causes bleeding gums, loose teeth, and aching joints.** To this day, the British Navy requires ships to carry enough lemons so that every sailor can have one ounce of juice a day.
- ★ **There are lots of varieties of oranges out there** - navel oranges are named that because of the belly-button formation opposite the stem end. The bigger the navel in an orange, the sweeter it will be. Sometimes Valencia oranges turn green because warm weather causes the fruit to reabsorb chlorophyll, giving it a greenish color. Moro oranges are also called blood oranges because the pulp is bright red.
- ★ **Lemon trees bloom and produce fruit year-round.** Each tree can produce between 500-600 pounds of lemons in a year.
- ★ **Oranges are high in antioxidants,** which neutralize the effects of free radicals, unstable oxygen molecules in your body believed to cause aging and some diseases.

### Time for a laugh!

What do you get when you cross a brontosaurus with a lime? A dino-sour!

What did the lemon say to the lime? Sour (how are) you doing?

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