

## Jackfruit Tortilla Soup

Serves 8\*

### Ingredients:

- 1 tablespoon olive oil
- 1 onion, chopped
- 2 large cloves garlic minced
- 1 (4 oz) can jalapeño
- 1 teaspoon ground cumin (or use 1 packet of taco seasoning instead of cumin and chili powder)
- 2 teaspoons chili powder
- 1 (14 ½ oz) can of fire roasted crushed tomatoes
- 1 can lime and jalapeño rotel (or any rotel if you cannot find this one)
- 4 cups vegetable broth
- 1 cup corn, frozen
- 1 can jackfruit, rinsed and drained
- ¼ cup cilantro chopped
- 2 tablespoons lime juice

### Optional:

Hot sauce to taste (chipotle)

### Garnish:

Jalapenos  
Cilantro  
Crushed Siete tortilla chips  
Shredded cheese alternative

### Instructions:

Dry jackfruit and pull apart until shredded.

Heat olive oil in large pot over medium heat. Add onion, garlic and jalapeño and cook until onion is softened.

Add jackfruit and all seasonings and cook, stirring frequently for 5 minutes.

Add remaining ingredients and bring to a boil. Then reduce heat and simmer 20 minutes.

Spoon soup into bowls and top with optional garnishes.

**Kcal:** 129

**Protein:** 2.2 gm

**Arginine:** 76 mg

**Methionine:** 22 mg

\*Nutritional information is per serving.

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