

# MEXICAN DELIGHT

## Warm Up With Produce From South Of The Border

(NAPSA)—When the air is getting cooler and the wind is picking up speed, you may need something to help you fight those falling temperatures and spice up your day. The solution can be sweet and simple—choose to create something with the flavorful tomatoes and herbs available in abundance from Mexico.

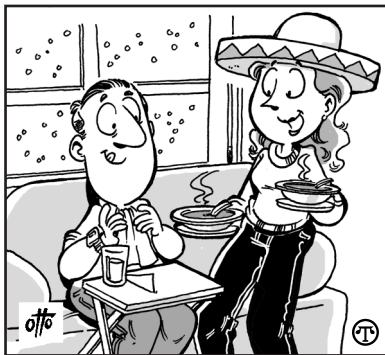
Not only is it a taste of tropical sunshine, such produce is fresh and healthy—tomatoes provide lycopene, a valuable antioxidant—and can help you get your fruits and vegetables, all year long.

Mexico has exported high-quality produce to the U.S. for more than 100 years and is responsible for 25 percent of the nation's vegetable consumption during the winter. All Mexican produce undergoes strict quality and safety assurances before it crosses the U.S. border.

You can cheer up your taste buds with this warm, tasty dish that's good, good for you and easy to make.

### Azteca Soup

- 1½ cups vegetable oil
- 10 corn tortillas, cut into ½ inch strips
- 1 teaspoon salt
- 2 large Mexican tomatoes, cut into wedges
- ½ cup each fresh parsley, cilantro and basil
- ½ large onion, cut into strips or wedges
- 4 cups chicken broth, divided
- 1 large onion
- 1 tablespoon chipotle



Tomato soup made with a Mexican flair can help you say “adios” to the cold.

- peppers in adobo sauce
- 2 Mexican avocados, peeled, pitted and diced

Heat oil in a large, deep saucepan and carefully drop in tortilla strips. Fry until golden brown and crunchy. Cover a plate with a paper towel, place prepared tortillas on towel and pat dry, absorbing excess oil; discard remaining oil or reserve for other frying. Sprinkle salt on top of tortillas until both sides are coated. Using a blender, blend tomatoes, onion, herbs and chipotles with 1 to 2 cups chicken broth until completely pureed. In the saucepan, stir together remaining chicken broth and pureed vegetables. Bring to a boil. Remove from heat and divide among 4 to 6 bowls. Top with tortilla strips and avocado slices. Serve.

For more information about fresh Mexican produce, visit [www.freshfrommexico.com](http://www.freshfrommexico.com).