Zucchini & Corn Chili Cups

Grocery List

* 6 Old El Paso Tortilla Bowls
* 2 Tbsp. EVOO
* 2 Tbsp. Unsalted Butter
* 2 Zucchinis, halved lengthwise and sliced (3 cups approximately)
* ½ Red Onion, diced
* ½ Yellow Bell Pepper, chopped
* 2 Green Onions, sliced
* 2 cloves Garlic, chopped
* 1 Russet Potato, cubed
* 1 Jalapeno, seeded and diced
* ½ C frozen Sweet Corn
* ¼ C low sodium Vegetable Stock
* 1 ½ Tbsp. Cilantro, chopped
* ½ Tsp. Red Pepper Flakes
* ½ Tbsp. Smoked Paprika
* ½ Tsp. Garlic Powder
* 1 ½ Tbsp. Mexican Hot Sauce
* Sea Salt / Black Pepper
* ½ C Monterey Jack Cheese, shredded
* ¼ C Marble Cheddar, shredded



Prep Time: 15 Min

Cook Time: 45 Min

1. Bring a medium sized sauce pot filled with cold water to a boil on medium high heat. Add a generous pinch of sea salt and the cubed potato. Boil partly covered for 5 minutes, strain and set the potatoes aside.
2. In a large frying pan, bring to temperature on medium and melt the butter and EVOO together. Add the red and green onion, yellow bell pepper, jalapeno pepper, and a good pinch of sea salt. Cook 5 minutes stirring often.
3. Stir in diced potato, garlic, and red pepper flake and continue frying another 3 or 4 minutes. Stir in the zucchini and another pinch of sea salt and continue frying another 3 minutes.
4. Add the vegetable stock, hot sauce, cilantro, paprika, garlic powder, ¼ Tsp. Black Pepper, and a pinch of sea salt. Cook covered over medium heat 10 - 13 minutes stirring often.
5. Preheat oven to 375 F
6. Line a baking sheet with tinfoil and line tortilla cups on the sheet. Bake 3 – 4 minutes and remove.
7. Scoop the zucchini mixture into the 6 cups and split the shredded cheese evenly between them for the tops. Bake another 5 – 7 Minutes until edges of tortilla bowls are starting to brown and cheese is melty.