

WHOLE FOODIE CHALLENGE – OH SHE GLOWS REVIEW LIST

RECIPE: Tortilla Soup

CATEGORY	SCORE/COMMENTS
Ingredients	SCORE: 5/5
<i>How easy were the ingredients to find? Did I have on hand already?</i>	Yes, easy to find and lots of canned items which makes it nice and easy to use pantry items
<i>Are ingredients transferable to other recipes?</i>	
<i>Were the ingredients easy to cook and prepare?</i>	
Preparation	SCORE: 5/5
<i>How easy was the recipe to follow and prepare ingredients?</i>	Super easy to prepare, it cooked up very fast for a quick dinner
<i>Were there steps missing, or not well explained?</i>	
Cost	SCORE: 4/5
<i>Was the item fair in price?</i>	Inexpensive, especially with canned ingredients. Only pricier item was GF tortillas, but you could omit those in a pinch
<i>Were there ingredients that could have been swapped for cheaper ingredients?</i>	
Time	SCORE: 5/5
<i>Did it take the amount of time indicated?</i>	Yes it was very quick to prepare
<i>Was it time consuming?</i>	
<i>Did it take only one day to prepare?</i>	
Appearance	SCORE: 4/5
<i>Did the end product look appealing?</i>	Wonderful appearance with a deep rich soupy base – the toppings really make it more visually appealing
<i>Did it have a good smell?</i>	
Taste/Flavor	SCORE: 4/5
<i>How did finished recipe taste?</i>	Amazing taste, super flavorful (a bit on the spicy side) – my family found it too hot but I believe it was my fault with the excitement over jalapenos
<i>Did flavors require modifying?</i>	
<i>Was there a secondary person to take a taste test? ;)</i>	
Texture	SCORE: 4.5/5
<i>Was there a good amount of texture in the meal?</i>	Nice texture, and crunch from the tortilla chips was really nice. One note, don't leave tortillas in soup, it would sog-out
<i>Were their competing elements that distract from the recipe?</i>	
Satiety Level	SCORE: 3/5
<i>Did I feel fulfilled at the end of the meal?</i>	I think with some cashew sour cream it would be a bit more filling
<i>How long was it after eating the recipe until I had to eat again?</i>	
Nutrition	SCORE: 5/5
<i>How much of the daily recommendations of protein/fat/carbohydrates were in the meal?</i>	Very low calorie count (without avocado or tortilla) – with a good balance of carbs/proteins and fats
<i>Were there any high allergens in the meal?</i>	
<i>Any ingredients that could be omitted?</i>	
Longevity	SCORE: 5/5
<i>Could this item be made into a leftover?</i>	Yes it freezes quite nicely
<i>If so, how does it taste the next day, the day after?</i>	
<i>Are there certain instructions that need following (ie. keep in freezer?)</i>	

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OVERALL SCORE:

44.5/50

