



CHICKEN TORTILLA SOUP

PORTION
SIZE:
10 OZ
BOWL

| Ingredients (yields 50 servings) | | Quantity | |
|---|----------------|--|---------------|
| HORMEL® FIRE BRAISED™ Pulled Chicken Thigh #73004 | | 9 lbs. 5 oz. | |
| Chili powder | 1 tbsp. 1 tsp. | Garlic, minced | 5 oz. |
| Cumin, ground | 1 ¼ tsp. | Tomato paste | ½ c. |
| Garlic, granulated | 1 ¼ tsp. | Tomatoes, diced | 3 lbs. 12 oz. |
| Oregano, dried | 2 ½ tsp. | Chicken stock | 2 ½ gal. |
| Paprika | 2 ½ tsp. | Canned black beans, drained and rinsed | 3 lbs. 2 oz. |
| Onion powder | 2 ½ tsp. | Corn, frozen | 3 lbs. 7 oz. |
| Kosher salt | 1 ¼ tsp. | Water, municipal | 1 c. |
| Black pepper | 1 ¼ tsp. | Cornmeal | ¾ c. |
| Oil, neutral | ½ c. | Lime juice, fresh | 1 ¼ c. |
| Yellow onion, diced | 1 lb. 4 oz. | | |

Directions

1. In a bowl, mix spices together and set aside.
2. Heat kettle or tilt skillet over medium heat.
3. Add oil to kettle or tilt skillet, allow to heat until shimmers.
4. Add onions and saute until translucent, approximately 3-5 minutes.
5. Once the onions are tender and translucent, add the garlic, constantly stirring, until the garlic is fragrant, approximately 1-3 minutes.
6. Add listed seasoning mix and stir into onions and garlic.
7. Cook for 2-3 minutes allowing spices to bloom, do not burn.
8. Add tomato paste. Cook for 2-3 minutes to cook the raw flavor out of the product.
9. Add diced tomato and liquid. Add stock. Bring to a boil, reduce to a simmer.
10. Add chicken, beans and corn. Continue to simmer.
11. Mix cornmeal with water to create a slurry. Add to kettle/skillet of cooking liquid- bring to a slight boil, stirring constantly as you add slurry, reducing to simmer, stirring occasionally.
12. Prior to service, add lime juice and stir it into the soup.

Serving note: Garnish with sour cream, cilantro, crushed tortilla chips, shredded cheese.

One portion provides: 2 oz. MMA, 1 cup veg (½ cup BPL, ¼ cup additional, ⅓ cup Starch, ⅓ cup red/orange)

Nutrients Per Serving

| | | | | | |
|---------------|----------|---------------|--------|-----------|------|
| Calories | 242 cal | Potassium | mg* | Calcium | mg* |
| Fat | 8.8 g | Carbohydrates | 19 g | Vitamin A | iu* |
| Saturated Fat | 1.7 g | Dietary Fiber | 3.6 g | Vitamin C | mg* |
| Trans Fat | g* | Sugars | 2.4 g | Vitamin D | mcg* |
| Cholesterol | 86.4 mg | Protein | 22.5 g | | |
| Sodium | 418.5 mg | Iron | mg* | | |

For preparation by a food preparation establishment only, according to the food code or equivalent.

*Indicates missing Nutrient Information.