



## CHICKEN TORTILLA SOUP WITH TOSTITOS® REDUCED FAT CRISPY ROUNDS TORTILLA CHIPS

**Each Serving Provides:**

**2.5 oz. eq. Meat/MA**

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#### PREPARATION

INGREDIENTS FOR 10 SERVINGS:

Chili powder	¾ teaspoon
Cumin, ground	¼ teaspoon
Garlic, granulated	¼ teaspoon
Oregano, dried;	½ teaspoon
Paprika	½ teaspoon
Onion powder	½ teaspoon
Salt, kosher	¼ teaspoon
Pepper, black	¼ teaspoon
Oil, neutral	2 Tablespoons
Tomato paste	2 Tablespoons
Tomatoes, diced	12 ounces
Stock, chicken	2 quarts
Chicken strips, commodity	1 pound 5 ounces
Black beans, canned, drained, rinsed	10 ounces
Corn, frozen	11 ounces
Water, municipal	3 Tablespoons
Tortilla Chips, ground	2 Tablespoons
Juice, lime, fresh	¼ cup

#### PREPARATION

1. In a bowl mix spices together, put aside.
2. Heat pot over medium heat.
3. Add oil to pot, allow to heat until shimmers.
4. Add onions and sauté until translucent. Approx. 3-5 minutes.
5. Once the onions are tender and translucent, add the garlic, constantly stirring, until the garlic is fragrant approx. 1-3 minutes.
6. Add listed seasoning mix- stir into onions and garlic. Cook for 2-3 minutes allowing spices to bloom- do not burn.
7. Add tomato paste - cook for 2-3 minutes to cook the raw flavor out of the product.
8. Add diced tomato and liquid. Add stock. Bring to a boil, reduce to a simmer.
9. Add Chicken, Beans, and Corn. Continue to simmer.
10. Mix crushed chips with water to create a slurry. Add to pot of cooking liquid- bring to a slight boil, stirring constantly, reducing to simmer, stirring occasionally.
11. Prior to service, add lime juice and stir it into the soup.

Nutrition Facts	
1 Serving:	
Calories	205
Saturated Fat	0.5g
Sodium	253mg