



CHICKEN TORTILLA SOUP WITH FRITOS® ORIGINAL CORN CHIPS

Each Serving Provides:

2.5 oz. Meat/MA

2 oz. chicken

.5 oz. cheese

¼ c. Vegetables

¼ c. **Starchy** (corn)

¼ c. **Red /Orange** (tomatoes)

¼ c. **Legumes** (black beans)

1.25 oz. eq. Grain (1 oz. Fritos)

Chicken Tortilla Soup with FRITOS® Original Corn Chips

INGREDIENT	QUANTITY 100 servings	1 Serving
FRITOS® Original Corn Chips	6 lbs. + 4 oz.	1 oz.
USDA Black Beans, canned, low sodium (100359)	1 Gal. + 2 Qts. + 1 c.	1/4 c.
USDA Corn, canned (100313)	1 Gal. + 2 Qts.	1/4 c.
Tomatoes and Green chiles, canned	12 lbs. + 8 oz.	1/4 c.
USDA Chicken, diced, frozen, thawed (100101)	12 lbs. + 8 oz.	2 oz.
Chicken broth, low sodium	7 Gal. + 1 Qt. + 2 1/2 c.	1 1/8 c.
Cumin	1/4 c. + 1 Tbsp. + 2 tsp.	1/8 tsp.
Chili powder	1 Tbsp. + 1 3/16 tsp.	Dash
Garlic Powder	1 Tbsp. + 1 3/16 tsp.	Dash
USDA Cheese, cheddar, yellow, shredded (100012)	3 lbs. + 2 oz.	.5 oz.

PREPARATION

- Combine all ingredients except cheese and Fritos® in a large saucepan. Bring to a boil then simmer for 20 minutes, stirring occasionally.
- Ladle ~ 1.5 c. into a soup bowl. Top with cheese and Fritos® Original Corn Chips.

Nutrition Facts	
1 Serving:	
Calories	400
Saturated Fat	3.5g
Sodium	784mg