



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 |