

Yucatan Chicken Tortilla Soup



A spicy chicken soup thickened with corn tortillas with a hint of cumin, garlic and chili powder.

Yield	1 gal. (16/8oz servings)
Serves	16
Preparation time	20 minutes
Cooking time	20 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
1	oz	2	tbsp	Vegetable oil	
6	oz			Onions	small diced
48	oz	6	cups	Water	hot
3.5	oz			Minor's® Gluten Free Chicken Base made with Natural Ingredients (6x11lb)	
2	lb			Cooked chicken, meat only	diced
56	oz			Tomatoes, canned with juice	diced
6	oz			Salsa, chunky	
1	tbsp			Cumin, ground	
2	tsp			Garlic, dried, minced	
1	tsp			Chilli powder	
1/2	tsp			Black pepper, ground	
10	ea			Corn Tortillas	6-inch, julienned

Preparation Steps

1. In a sauce pot, heat oil. Add onions, sauté until translucent, approximately 3-5 minutes.
2. Add water, Gluten Free Chicken Base, chicken meat, tomatoes in juice, salsa, cumin, garlic, chili powder and pepper. Heat to boiling, stirring occasionally.
3. While stirring, slowly add tortilla strips to soup. Reduce heat, cover and gently simmer 10 minutes. Serve warm.

Chef's tip

Serve with fresh sliced avocado, minced onion and salsa verde.

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	173.1
Energy (Kj)	727.7
Protein (g)	16.6
Carbohydrate, total (g)	12.2
Fats, total (g)	6.6
Sugars, total (g)	4.1
Fats, saturated (g)	1.3
Fiber, total dietary (g)	2
Sodium (mg)	802.8
Calcium (mg)	58.7
Cholesterol (mg)	44.9
Iron (mg)	2.2

Vitamin A (µg_RAE)	17.6
Vitamin C (mg)	9.9

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.