

# Tortilla Soup

Ingredients	25 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Corn tortillas, .9 ounce each	8 each		32 each		1. Preheat the oven to 300 degrees F. Place the tortillas on a baking sheet and bake until they are very dry and lightly toasted, about 15 minutes. Crush the tortillas and reserve.
Oil, olive or canola	1 oz	2 tbsp	4 oz	1/2 cup	
Onions, yellow, chopped	1 lb	3 cups	4 lb	3 qt 1/2 cup	2. Heat the oil in a soup pot over medium heat. Add the onions and garlic and cook, stirring frequently, until very tender, about 10 minutes.
Garlic, minced		3 tbsp		3/4 cup	
Cumin, ground		1 tbsp		3 tbsp	3. Add the cumin, chili, oregano, and the crushed tortillas. Stir well to combine.
Chili powder		2 tbsp		1/2 cup	
Oregano, dried		2 tbsp		1/2 cup	
Vegetable Stock	8 lb	1 gal	32 lb	4 gal	4. Add the stock or water and the tomatoes. Bring the soup to a simmer and cook, partially covered, until very flavorful, about 25 minutes. Remove the pot from the heat and let the broth cool. When the soup has cooled, puree it using an immersion blender, a food processor, or blender. (This tomato-tortilla broth may be cooled and stored at this point.)
Tomatoes, canned, crushed	3 lb	5 3/4 cups	12 lb	1 gal 1 qt 2 1/2 cups	

*(recipe continues on next page)*



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(continued)

Zucchini, chopped	1 lb	3 2/3 cups	4 lb	3 qt 1/2 cup	5. Return the tomato-tortilla broth to simmer and add the vegetables. Simmer until all of the ingredients are very hot and tender, about 20 minutes. <b>(See Recipe notes for additional vegetable suggestions.)</b>
Corn kernels, thawed if frozen, drained if canned	12 oz	2 cups	3 lb	2 qt 1/4 cup	
Sweet potatoes, peeled, cubed, thawed if frozen	10 oz	2 1/4 cups	2 lb 8 oz	2 qt 1/2 cup	
Carrots, sliced, fresh or frozen	10 oz	2 1/3 cups	2 lb 8 oz	2 qt	
Black beans , canned, rinsed and drained before measuring	10 oz	1 1/3 cups	2 lb 8 oz	1 qt 1/4 cups	
Green bell pepper, fresh or frozen and thawed, chopped	10 oz	1 3/4 cups	2 lb 8 oz	1 qt 3 1/2 cups	
Celery, sliced	10 oz	2 3/4 cups	2 lb 8 oz	1 qt 3 cups	
Salsa, fresh or canned	12 oz	1 1/3 cups	3 lb	1 qt 1 1/4 cups	6. Stir the salsa into the soup. Serve with a 6-oz ladle. Top each serving of soup with some of the toasted corn tortilla strips and cheddar cheese if desired.
Corn tortillas, cut into strips, toasted (for garnish), .9 ounce each	5 each	5 each	20 each	20 each	
Cheddar cheese, reduced fat, shredded optional	4 1/2 oz	1 cup 2 tbsp	1 lb 2 oz.	1 qt 1/2 cup	



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## Recipe Notes:

Other optional vegetables to include:

- Cubed or diced yellow squash
- Sliced green beans, fresh, canned, or frozen
- Diced green chiles (these should be drained and rinsed)
- Leafy greens, chopped or cut into strips
- Pumpkin or hard squash cubes
- Diced or sliced avocado

## Serving Notes:

One 3/4-cup serving provides 3/4 cup vegetable serving and 1/2 grain serving

	25 Servings	100 servings
Total Weight:	9 lb 8 oz	38 lb
Total Volume	5 quarts	5 gallons
Serving Size:	3/4 cup	3/4 cup

Nutrients Per Serving					
<b>Calories</b>	63	<b>Saturated Fat</b>	>1 g	<b>Iron</b>	1 mg
<b>Protein</b>	2 g	<b>Cholesterol</b>	0 mg	<b>Calcium</b>	46 mg
<b>Carbohydrate</b>	12 g	<b>Vitamin A-RE</b>	126 mcg	<b>Sodium</b>	122 mg
<b>Total Fat</b>	1.6 g	<b>Vitamin C</b>	16 mg	<b>Dietary Fiber</b>	2.5 g

