



Tortilla Soup

A rich mixture of chicken, vegetables, and spices served with tortilla chips.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
 Washington State Office of Superintendent of Public Instruction, on behalf of Bellingham Public Schools

Preparation Time: 1 hour 30 minutes

Cook Time: 2 hours 30 minutes

NSLP/SBP crediting information:

1 cup (8 fl oz spoodle or ladle) provides 1/8 cup additional vegetable, 3/4 cup red/orange vegetable, 1/8 cup other vegetable, 2 oz equivalent meats/meat alternates.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken, whole, fresh, without neck or giblets	17 lb 6 oz	About six 3-lb chickens	34 lb 12 oz	About twelve 3-lb chickens	<ol style="list-style-type: none"> Place whole chickens and 2-3 gal of cold water (enough to submerge chickens) in a 30-qt stock pot or kettle. Bring to a simmer and cook until internal temperature of each chicken reaches 165 °F, approximately 2 hours. Critical Control Point: Cook chicken to internal temperature of 165 °F for at least 15 seconds. Remove chickens from cooking water. Reserve cooking water for use in step 12. When cool enough to handle, separate meat from bones and skin and shred. Place shredded chicken in 2" full-size hotel pans (12" x 20" x 2") to cool under refrigeration. Reserve for use in step 17.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					Critical Control Point: Place chicken in 2" full-size hotel pans (12" x 20" x 2") and cool uncovered to 70 °F within 2 hours and to 40 °F or lower within 4 hours.
					4. Preheat combi oven to 375 °F and 80% humidity.
Tomatillo, fresh, whole, husks removed	2 lb		4 lb		5. Cut tomatillos and Roma tomatoes in half top to bottom.
Roma tomatoes, fresh, whole	2 lb		4 lb		
Poblano or Anaheim peppers, fresh, whole	2 lb		4 lb		6. Cut all peppers into quarters lengthwise and remove membrane and seeds. Cut each quarter into thirds in the opposite direction to yield approximately 2" x 2" pieces.
Red bell pepper, fresh, whole	2 lb		4 lb		
Onion, mature, large, fresh, whole	2 lb		4 lb		7. Peel and remove ends of onions. Cut each onion into eights.
Carrots, fresh, whole	2 lb		4 lb		8. Cut carrots into ½" coins.
Jalapeno, fresh, whole	1 oz		2 oz		9. Cut jalapeno into large chunks.
Garlic, fresh, peeled	2 oz		4 oz		10. Trim ends from garlic.
Vegetable Oil		½ cup		1 cup	11. In a large mixing bowl, toss all trimmed and chopped vegetables in oil. Split oil-coated vegetables evenly between 3 full-size hotel pans. Roast at 375 °F in a combi-oven using 80% humidity/steam for 20 minutes.
Reserved chicken cooking water (from step 2)	12 lb	1 gal 2 qt	24 lb	3 gal	12. Using a whisk, mix all spices, except salt, into 2 qt of reserved chicken cooking water (from step 2). This prevents spices from clumping. Combine spiced broth with remaining reserved chicken cooking water.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chili flakes	1/8 oz	2 1/2 tsp	1/4 oz	1 Tbsp 2 tsp	13. Preheat combi oven to 325 °F at 100% humidity/steam.
Cayenne pepper, powder	1/20 oz	1/2 tsp	1/10 oz	1 tsp	
Cumin, ground	2 oz	1/2 cup	4 oz	1 cup	
Chili powder	2 oz	1/2 cup	4 oz	1 cup	
Paprika, ground	1 1/2 oz	3/8 cup	3 oz	3/4 cup	
Onion powder	1 oz	1/4 cup	2 oz	1/2 cup	
Garlic powder	1 oz	1/8 cup 1 Tbsp	2 oz	1/4 cup 2 Tbsp	
Coriander seed, ground	1/2 oz	1/8 cup 1 1/2 tsp	1 oz	1/4 cup 1 Tbsp	
Thyme, dried	3/20 oz	1 Tbsp	3/10 oz	1/8 cup	
Oregano, dried	1/4 oz	1/4 cup	1/2 oz	1/2 cup	
Tomato paste, no salt added	1 lb	1 3/4 cups	2 lb	3 1/2 cups	14. Combine roasted vegetables from step 11, spiced reserved chicken cooking water from step 12, and tomato paste in a 30-qt stock pot and bring to a simmer for 15 minutes. Using an immersion blender, puree mixture until smooth.
Salt, kosher		3 Tbsp 1 1/4 tsp		1/4 cup 2 Tbsp 2 1/2 tsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Apple cider vinegar	2 oz	¼ cup	4 oz	½ cup	
Lime juice, fresh	2 oz	¼ cup	4 oz	½ cup	
Diced tomatoes, canned, no salt added	10 lb	1 ½ No. 10 cans	20 lb	3 No. 10 cans	<p>16. Stir in diced tomatoes, including liquid. Soup is ready for service.</p> <p>Critical Control Point: Hold for hot service at 135 °F or higher through service.</p> <p>Cooling – Pour mixture in 2” full-size hotel pans and cool uncovered to 70 °F within 2 hours and to 40 °F or lower within 4 hours.</p> <p>Reheat to 165 °F for at least 15 seconds and hold for hot service at 135 °F or higher through service.</p> <p>17. Weigh out reserved shredded chicken from step 3.</p> <p>For 50 servings, weigh out 6 lb 4 oz of chicken.</p> <p>For 100 servings, weigh out 12 lb 8 oz of chicken.</p> <p>18. Heat shredded chicken, in 2” full-size hotel pans (12” x 20” x 2”), covered, at 325 °F in a combi oven at 100% humidity/steam.</p> <p>Critical Control Point: Reheat to 165 °F for at least 15 seconds and hold for hot service at 135 °F or higher through service.</p> <p>Portion into bowls at service with an 8 oz spoodle or ladle. Add 2 oz heated, shredded chicken portion to each soup.</p>
(Optional) Tortilla chips, whole grain	6 lb 4 oz		12 lb 8 oz		<p>19. Serve with 2 oz of tortilla chips (optional).</p>

**TORTILLA SOUP
NUTRITION INFORMATION**

For 1 cup (8 oz spoodle/ladle)

NUTRIENTS	AMOUNT
Calories	173
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Total Fat	6 g
Saturated Fat	1 g
Cholesterol	41 mg
Sodium	449 mg
Total Carbohydrates	15 g
Dietary Fiber Total	3 g
Sugars	8 g
Added Sugars included	0 g
Protein	15 g
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Vitamin A	1,313 mcg RAE
Vitamin C	56 mg
Vitamin D	0 IU
Calcium	40 mg
Iron	2 mg
Potassium	264 mg

N/A=data not available.

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Optional: Serve with whole grain tortilla chips.

Whole chickens are used in this recipe to facilitate Farm to School activities and the use of local ingredients. Whole chickens are often more available from local suppliers than chicken parts.

The roasted vegetables used in this recipe are a medley of late season vegetables that can also be sourced from local farms. The roasted vegetables can be made when these vegetables are plentiful and frozen for later use in this soup throughout the year.

Cooking Process #3: Complex

YIELD/VOLUME

50 Servings	100 Servings
About 26 lb 4 oz	About 52 lb 8 oz
About 3 full-size (12" x 20" x 2") and one quarter-size (6" x 10" x 2") 2" hotel pans	About 6 full-size (12" x 20" x 2") and one half-size (12" x 10" x 2") 2" hotel pans

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

