



Texas Tortilla Soup

P-025-00

Soups

Color Code: Green

Sodium: High

Yield: 100 Portions

Each Portion: 1 cup (8-½ oz)

Time: 30 - 35 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
OIL, CANOLA	⅔ cup	5 oz	
ONION, YELLOW, DICED, ½-INCH	1-¼ qt	1 lb 7 oz	1 lb 10 oz
JALAPENO, CANNED, DRAINED, ROUGH CHOP	2 cup	11 oz	
GARLIC, PREMINCED IN WATER	⅔ cup	4 oz	
CUMIN, GROUND	1 cup	3-¼ oz	
SALT	¼ cup	2-½ oz	
CHILI POWDER	¼ cup	1-½ oz	
OREGANO, LEAVES, DRIED	2 tbsp	0.19 oz	
PEPPER, CAYENNE, GROUND	2 tsp	0.15 oz	
WATER, WARM	3-¼ gal	27 lb 2 oz	
BASE, VEGETABLE, LOW-SODIUM	¾ cup + 2 tbsp	9 oz	
TOMATOES, CANNED, DICED	2-¼ gal	18 lb 12 oz	3 No. 10 can
BEANS, BLACK, LOW-SODIUM, DRAINED, RINSED	1-¼ gal	7 lb 10 oz	1-¾ No. 10 can
CORN, CANNED, DRAINED	3-½ qt	4 lb 14 oz	1-¼ No. 10 can

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G 31. Dice onions to a ½-inch dice, roughly chop jalapenos.
2. In a steam-jacked kettle, add oil, onions, jalapenos, garlic, cumin, salt, chili powder, oregano, and cayenne pepper. Stir to combine and sauté for 5 minutes.
3. Reconstitute vegetable base with warm water.

4. Add vegetable broth, tomatoes, beans and corn to the steam-jacketed kettle and bring to a boil. Reduce heat and simmer for 25 to 30 minutes. CCP: Internal temperature must reach 135°F (57°C).
5. Serve immediately or CP: Hold for hot service at 135°F (57°F).

RECIPE NOTES

1. Minor's low sodium concentrated vegetable base paste was used in the development of this recipe to make vegetable broth. If using a different brand, refer to manufacturer's instructions for reconstitution rates.
2. Serving suggestions: can be served with cilantro, avocado, lime wedges, shredded cheese or tortilla chips.
3. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	94
Carbohydrates	15 g
Sugars*	3 g
Protein	4 g
Fat	2 g
Saturated Fat	0.2 g
Sodium	661 mg
Calcium	45 mg
Fiber	3.8 g



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