

Chicken Tortilla Soup

Pierce® Natural Proportion 1/2" Diced Chicken (1230) with spinach and corn is a healthy, comforting addition to your menu.



YIELD

48 servings (1 cup ea.)

MENU FIT/DAYPART

Lunch, Supper

COMPONENTS

1.5oz eq M/MA

5/8 cup vegetables (1/4 cup dark green + 3/8 cup other)

DIFFICULTY

Easier

ALLERGENS

N/A

INGREDIENTS AND PREPARATION

5 pounds Pierce Natural Proportion 1/2" Diced Chicken (1230)

1/3 cup canola oil

8 medium onions, chopped

2 gallons water or low-sodium chicken broth

8 cups (3 1/4 pounds) frozen or canned corn, drained and rinsed

32 cups (about 8 pounds) fresh spinach

4 cups salsa

Juice of 8 limes (about 1 cup)

Black pepper, to taste

2 cups cilantro, chopped (optional)

1. Heat oil over medium heat and cook onion until translucent.
2. Add water or broth, chicken, corn and spinach. Reduce heat and cook for 3 minutes or until chicken reaches at least 165 ° F. Add salsa and lime juice. Season to taste with pepper. Serve hot.
3. If desired, serve with a sprinkle of cilantro.

Nutrition Facts

Serving Size (208g)	
Amount Per Serving	
Calories 140	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 45mg	15%
Sodium 410mg	17%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	12%
Sugars 3g	
Protein 16g	
Vitamin A 140%	Vitamin C 45%
Calcium 8%	Iron 15%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	Carbohydrate 4 • Protein 4

Serving Suggestions: Serve with whole grain tortilla chips or corn bread, carrot sticks, strawberries and milk.



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