

# Chicken Tortilla Soup

Chef *Teddy* of Lloyd Taco

RECIPE MAKES: 25 SERVINGS (4/5 cup)

## INGREDIENTS

### Meatballs

- ♥ 16 oz. ground chicken
- ♥ 2 eggs
- ♥ 2 oz. skim milk
- ♥ 1 cup unseasoned bread crumbs
- ♥ 1 oz. poultry seasoning
- ♥ 2 oz. onion powder
- ♥ 2 oz. garlic powder
- ♥ 2 oz. chopped green onion
- ♥ 1 oz. chopped cilantro

### Garnish

- ♥ 2 avocados, diced
- ♥ 8 corn tortillas, unsalted – baked and crumbled
- ♥ 8 oz. chopped green onions
- ♥ 2 oz. chopped cilantro

### Soup

- ♥ 1 onion, minced
- ♥ 3 cloves garlic, chopped
- ♥ 1 Tbsp. olive oil
- ♥ 1 Tbsp. chili powder
- ♥ 1 tsp. Mexican oregano
- ♥ 28 oz. diced tomatoes, canned, unsalted
- ♥ 64 oz. chicken broth, unsalted/reduced sodium
- ♥ 1 cup roasted corn kernels
- ♥ 1 cup hominy
- ♥ 4 oz. can of chopped green chilies
- ♥ 15 oz. rinsed black beans, canned, unsalted

## PREPARATION

1. Mix well by hand or in a small stand mixer
2. Use a small ice cream scoop or use hands to form ball (1 to 2 oz. each)
3. Hold in fridge until broth is ready
4. In a medium sauce pot over medium heat, heat the oil
5. Add onions and garlic and cook until translucent, about 2-3 minutes
6. Add chili powder and oregano and combine
7. Add tomatoes and broth and bring to a boil
8. Cook at medium high for about 10 minutes
9. Add corn, hominy, chili and beans, turn to low and cook another 10 minutes
10. Add meat balls and cook about 6-10 more minutes depending on size of the meatballs
11. Once the chicken is cooking, turn off the soup and begin to serve

*Plating:* in a large bowl place 1-2 meatballs (2oz.), a 4 oz. ladle of broth, 2 oz. avocado, 1 baked corn tortilla, 2 oz. green onions, pinch of chopped cilantro.

## NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	(213g)
Amount per serving	
<b>Calories</b>	<b>150</b>
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 240mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 8g	