# Mexican Chicken Soup300

**Number of Servings: 300 (262.08 g per serving)**

| Amount | Measure | Ingredient |
|---|---|---|
| 1 3/4 | cup | Oil, olive, extra virgin |
| 6 1/2 | gal | Chicken, broiler/fryer, breast, w/o skin, rst |
| 11.00 | qt | Onion, white, fresh, chpd |
| 11.00 | qt | Peppers, bell, green, sweet, fresh, chpd |
| 1/2 | cup | Spice, garlic, minced, dried |
| 1 1/3 | cup | Spice, cumin, seeds, ground |
| 3/4 | cup | Spice, chili pepper, pwd |
| 11.00 | qt | Tomatoes, puree, cnd |
| 11.00 | qt | Tomatoes, diced |
| 5 1/4 | qt | Cheese, four cheese, Mexican blend, rduc |
| 31 1/2 | lb | Broth, chicken, low sod |
| 11.00 | qt | Beans, kidney, red, mature, cnd |
| 3.00 | Tbs | Salt, table, iodized |

## Nutrients per serving

**Nutrition Facts**

Serving Size (262g)
Servings Per Container

Amount Per Serving

**Calories** 190 Calories from Fat 45

| | % Daily Value* |
|---|---|
| **Total Fat** 5g | **8%** |
| Saturated Fat 1.5g | **8%** |
| Trans Fat 0g | |
| **Cholesterol** 45mg | **15%** |
| **Sodium** 350mg | **15%** |
| **Total Carbohydrate** 14g | **5%** |
| Dietary Fiber 4g | **16%** |
| Sugars 4g | |
| **Protein** 21g | |

Vitamin A 10% • Vitamin C 50%
Calcium 10% • Iron 10%

*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

## Instructions

-Sautee Diced Chicken with Onion, Peppers, then add all ingredients/spices except cheese.
-Heat to at least180 degrees
Serve with 8 oz ladle; 1 cup/serving
Each 1 cup serving = 1 Carb Serving (CS)
-Place 1 tbsp shredded cheese on top when served.(optional)
-Chili powder can be added/omitted at own discretion
Food Handling :
- Wash hands immediately before engaging in food preparation and again after engaging in any activities that contaminate the hands.
- Single gloves should be used for only one task and then discarded.

Holding :
- Hold for hot service at an internal temperature of 135 F or higher.

Cooling :
- Cool to an internal temperature of 70 F within 2 hours and cooled to 41 F within 4-6 hours.

Reheating :
- Reheat to an internal temperature of 165 F for 15 seconds.

Storing :
- Store refrigerated left overs at an internal temperature of 32 - 36 F.

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