

Spicy Tortilla Soup

Even though the days are still warm, I'm starting to feel Fall in the air in the evenings. Tortilla soup is a great way to take the chill off the evening. This recipe also is easy to prepare in the slow cooker.

- ½ to 1 pound ground meat (pork, beef, turkey)
- ½ cup chopped onion
- 2 15-ounce cans crushed tomatoes
- 1 15-ounce can (2 cups) chicken broth
- 1 cup frozen corn
- 1 15-ounce can black beans
- 1 cup salsa
- 1 teaspoon ground cumin
- 1 teaspoon chili powder
- ½ teaspoon salt
- ½ teaspoon garlic powder
- ½ teaspoon ground black pepper
- 4 corn tortillas cut into thin strips

In a large saucepan, brown the pork and onion over medium high heat.

Add the tomatoes, chicken broth, salsa and spices to the pork and onion mixture.

Cover and simmer it for 20 minutes.

Add the tortilla strips.

Simmer for another 5 to 10 minutes or until the tortilla strips are soft.

Serve hot and refrigerate leftovers in shallow containers.

Nutrition Facts	
Serving Size 1 1/3 cups	
Servings Per Container 6	
Amount Per Serving	
Calories 230	Calories from Fat 90
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 880mg	37%
Total Carbohydrate 23g	8%
Dietary Fiber 4g	16%
Sugars 2g	
Protein 14g	
Vitamin A 30%	• Vitamin C 35%
Calcium 8%	• Iron 20%
*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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
	Fat 9 • Carbohydrate 4 • Protein 4

Trivia Time!

Find some trivia cards or make your own. Have each person draw out a trivia card and ask the question. Turn mealtime into game time.

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30 Days

or

Family Meals