



### Deanne Garrett

Better Living for Texans  
Program Assistant

Texas A&M AgriLife Extension  
Fort Bend County

1402 Band Road, Suite 100  
Rosenberg, Texas 77471

Phone: (281) 342-3034 Ext: 7040  
Fax: (832) 471-2400

#### WEBSITE:

<http://fortbend.agrilife.org>

#### EMAIL:

[deanne.garrett@ag.tamu.edu](mailto:deanne.garrett@ag.tamu.edu)

Texas A&M AgriLife Extension provides equal opportunities in its programs and employment to all persons, regardless of race, color, sex, religion, national origin, disability, age, genetic information, veteran status, sexual orientation, or gender identity. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

## Spicy Tortilla Soup

**Prep Time:** 7 minutes

**Cook Time:** 30-35 minutes

**Cost per serving:** \$0.86

### What you need:

#### Utensils:

- Cutting board & utility knife
- Large sauce pan
- Large spoon
- Measuring cups & spoons
- Can opener

#### Ingredients:

- ½-1 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 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

#### What to do:

1. Wash your hands and clean your cooking area.
2. In a large saucepan, brown the pork and onion over medium high heat.
3. Add the tomatoes, chicken broth, salsa, and spices to the pork and onion mixture.
4. Cover and simmer it for 20 minutes.
5. Add the tortilla strips.
6. Simmer for another 5 to 10 minutes or until the tortilla strips are soft.
7. Serve hot and refrigerate leftovers in shallow containers.

### Nutrition Facts

Serving Size 1 1/3 cups	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 180</b>	Calories from Fat 35
<hr/>	
% Daily Value*	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 1g	5%
Trans Fat 0g	
<b>Cholesterol 30mg</b>	<b>10%</b>
<b>Sodium 430mg</b>	<b>18%</b>
<b>Total Carbohydrate 24g</b>	<b>8%</b>
Dietary Fiber 4g	16%
Sugars 2g	
<b>Protein 16g</b>	
Vitamin A 25%	Vitamin C 35%
Calcium 8%	Iron 20%