

# Chicken Tortilla Soup

*Grade Level: 6-8*

*Lesson Time: 45 minutes*

*Recipe Level: Intermediate*



## Background

This lesson is part of WHL's 'Chef in the Classroom' series. This is a variation on a traditional Mexican soup with a rich chicken broth and crunchy tortillas. We've never met anyone who doesn't love this soup. We added local radishes and red turnips that were in winter storage. Experiment with adding all sorts of different vegetables to the ones listed—carrots, kale, red pepper, hominy, cannelloni beans, corn—you name it! We taught this lesson in March, when the weather in Wisconsin is still cool. Nothing like a hot and spicy soup to warm and brighten your day!

## Ingredients per group of 4

2 boxes or 1 large can of low-sodium chicken broth  
(About 2 quarts/8 cups)

1 large cooked chicken breast, or a leg and thigh

2 Tbsp. of canola oil

3 cloves of garlic

1 large yellow or white onion

1/2 jalapeño pepper

1 8oz. can tomatoes, diced.

2 scarlet turnips or a bunch of small white ones

A bunch of red radishes

3 Tablespoons chopped cilantro

A few handfuls of tortilla chips

Salt and pepper

\*Note: You can also make your own chicken broth. We put a whole, raw chicken into 8 cups of cold water and cooked it until the chicken was done—not pink inside anymore. Then we poured the liquid through the strainer and let the chicken cool before shredding it.

## Objectives

Students will:

1. Gain comfort with basic food preparation techniques.
2. Learn to work safely in the kitchen.
3. Strengthen communication and team building skills.
4. Demonstrate ability to prioritize and follow recipe steps.

## Equipment

For each work station:

Large pot

Cutting Board

Knife

Wooden Spoon

Measuring Spoons

Wisconsin Homegrown Lunch is a joint project of:



REAP Food Group:  
[www.reapfoodgroup.org](http://www.reapfoodgroup.org)

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## Preparing the Ingredients

1. If you haven't cooked your chicken, cut it into smaller pieces and cook in a frying pan with a little bit of canola oil on the stove, until it's not pink on the inside. Don't forget to wash up your knife and cutting board!
2. Peel the cloves of garlic and chop it until it is very fine, almost like a paste.
3. Chop the onions into very small pieces (minced).
4. For the jalapeño: Do NOT touch your eyes or your face while you do this, and wash your hands right afterward! Cut it in half, remove the seeds and discard, and then chop half of it into very, very small pieces.
5. Wash the turnips and radishes, and cut into small bite-sized chunks, all about the same size. Do the same with any other veggies you've decided to add.
6. Chop the cilantro.
7. Crush the tortilla chips slightly for crumbling on top of the soup.
8. Remove the skin from the chicken, and then shred it with a fork into bite-sized pieces.
9. Drain the canned tomatoes.

## Cooking

1. Heat your pot to medium and add the canola oil. Cook the garlic, onions, and jalapeño pepper for 2-3 minutes until they get soft.
2. Add a big pinch of salt, a small pinch of pepper, and the tomatoes.
3. Add the chicken broth.
4. Once the soup comes up to a boil, add the turnips, radish, and any other veggies you're using.
5. Simmer the soup for a few minutes, then add the chicken to reheat it.
6. Turn the stove off, and taste the soup to see if it needs more salt or pepper.
7. Put it into your bowls and garnish with the chopped cilantro and crushed tortilla chips.

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