

a meal for 4 to 5



TORTILLA soup



all natural ingredients
net wt 4.5 oz (130g)

GLUTEN FREE

South of the Border

Homemade in Minutes®



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South of the Border

TORTILLA soup

30 minutes from stovetop to table



simply satisfying

On your busiest days, when time is short but you want the great taste and substance of a homecooked meal, turn to *Frontier Soups' Homemade in Minutes.™* Most varieties cook in 30 minutes or less—not instant, but so easy! Welcome your family and friends to the table with wholesome, satisfying soup—the perfect meal!

WHAT YOU NEED:

- 6 Cups chicken broth
- 1 Cup water
- 2 Cups shredded precooked chicken (2 breast halves)
- 8 oz. salsa
- Recommended Garnish: 4 oz. tortilla chips crumbled (a thicker chip works best)

HERE'S WHAT YOU DO:

In a 4-qt. pot bring broth and water to a boil, add Soup Mix and chicken. Cover and simmer 20 minutes. Add salsa and simmer covered 10 minutes more. Crumble chips into bowls, pour hot soup on top and serve.

INVENTIVE VARIATION:

This soup is so good it may call for a party. Small bowls filled with optional garnishes of chopped fresh cilantro, diced fresh avocado or thin slices of fresh lime make a festive presentation! If you prefer, try shrimp as an addition instead of chicken for a delicious Mexican Menu!

Frontier Soups
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FRONTIERSOUPS.COM



Nutrition Facts

Serving Size 1/5 cup (17g)

About 1 cup prepared

Servings Per Container about 8

Amount Per Serving Mix Prepared

Calories 60 160

Calories from Fat 5 25

% Daily Value**

Total Fat 0g* 0% 5%

Saturated Fat 0g 0% 3%

Trans Fat 0g

Cholesterol 0mg 0% 10%

Sodium 10mg 0% 33%

Total Carb 12g 4% 5%

Dietary Fiber 4g 16% 20%

Sugars 1g

Protein 3g

Vitamin A 10% 15%

Vitamin C 50% 60%

Calcium 2% 4%

Iron 6% 10%

*Amount in Mix

**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

INGREDIENTS: DEHYDRATED BLACK BEANS, CORN, RED AND GREEN PEPPERS, ONIONS, GARLIC, EPAZOTE AND CHILI SPICES.

**NO ADDED SALT,
PRESERVATIVES OR MSG.**

ALLERGEN INFORMATION

Facility not dedicated gluten free.

OTHER WHOLESOME AND DELICIOUS VARIETIES OF HOMEMADE IN MINUTES® SOUPS:

Carolina Springtime Asparagus Almond
Chicago Bistro French Onion
Connecticut Cottage Chicken Noodle
Florida Sunshine Red Pepper Corn Chowder
Idaho Outpost Potato Leek
Midwest Weekend Cincinnati Chili
Mississippi Delta Tomato Basil
New Orleans Creole Jambalaya
Oregon Lakes Wild Rice and Mushroom
Pennsylvania Woodlands Mushroom Barley
San Francisco Thai Golden Peanut
South of the Border Tortilla
Virginia Blue Ridge Broccoli Cheddar
Wyoming Fireside Beef Goulash



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AND YOUR OWN INVENTIVE VARIATIONS —
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