

Mexican White Bean and Corn Soup

BY **CHEF DIDI EMMONS**, COOKBOOK CONSULTANT, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

"This is the bomb!" exclaimed one student upon tasting this inexpensive but nutritious soup. The corn tortillas dissolve in the soup imparting a taco-like flavor. You could add six or seven peeled and cubed sweet potatoes halfway through the cooking process if you have them on hand."

—*Chef Didi, Project Bread's Cookbook Consultant*

15 cups dry white beans
2½ cups olive oil
4 large onions, chopped
(1¼ pounds)
5 tablespoons paprika
10 tablespoons chili powder
4 tablespoons ground cumin
3 tablespoons chopped garlic
cloves (1 ounce or 10 cloves)
1½ large heads green cabbage,
chopped (4⅛ pounds)
8 large green peppers, chopped
(2¾ pounds)
2 gallons water
12½ cups frozen corn (3¾ pounds)
2 cups chopped cilantro
25 8-inch corn tortillas
6¼ cups grated cheddar cheese (1⅔
pounds)
2 tablespoons salt

hot sauce, to taste (optional)

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 CUP

Boil the dry white beans in water for 5 minutes. Let sit 1 hour and then strain through a colander.

Separately chop the onions, garlic, cabbage, green peppers, and cilantro in a buffalo chopper.

Heat the oil in a large stockpot over medium heat, add the onions, and cook for 10 minutes, stirring occasionally until the onions are light brown on the edges.

Add the spices and garlic and cook another 2 to 3 minutes.

Add the cabbage, peppers, white beans, and water.

Bring to a boil and simmer the chili for at least 1½ hours, until the beans are tender.

Add hot sauce and cilantro, to taste.

Cut tortillas into quarters. Crisp tortillas in 350°F oven on sheet pan until brittle.

Serve with cheese sprinkled on top, sticking a corn tortilla into soup as a garnish.

NUTRITIONAL INFORMATION

CALORIES: 217; SODIUM: 209.67 MG; SATURATED FAT: 10.08%

USDA REQUIREMENTS MET

½ CUP LEGUME VEGETABLE
½ OUNCE EQUIVALENT GRAIN