Thick Vegetable Soup

Meat Alternate • Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Low-sodium vegetable stock		3 gal		6 gal		1. Pour vegetable stock into steam-jacketed kettle and bring to boil.
Dry pinto beans (see preparation note)	8 oz	1¼ cups	1 lb	2½ cups		2. Add soaked pinto beans, cover, and simmer for 30 minutes.
Dry lentils	8 oz	1¼ cups	1 lb	2½ cups		
Pearled barley	1 lb 4 oz	3 cups	2 lb 8 oz	1 qt 2 cups		3. Add lentils, barley, onions, carrots, celery, potatoes, tomato paste, and white pepper. Simmer, covered, for 20 to 25 minutes.
*Onions, finely diced	1 lb	3½ cups	2 lb	1 qt 3 cups		
OR						
Dried onions	2 oz	¾ cup	4 oz	1½ cups		
*Fresh carrots, ½" dice	2 lb	1 qt 2 cups	4 lb	3 qt		
*Fresh celery, ½" dice	8 oz	3½ cups	1 lb	1 qt 3 cups		
*Fresh white potatoes, peeled, cubed	1 lb	3 cups	2 lb	1 qt 2 cups		
Tomato paste	8 oz	1 cup	1 lb	2 cups		
White pepper		1 tsp		2 tsp		
Frozen corn	1 lb	3 cups	2 lb	1 qt 2 cups		4. Add corn, green beans, and cabbage (optional) and simmer, covered, for 15 minutes.
Frozen cut green beans	1 lb	1 qt	2 lb	2 qt		
*Fresh cabbage, shredded (optional)	1 lb	1 qt ½ cup	2 lb	2 qt 1 cup		

*See Marketing Guide.

(over)

SERVING: 1 cup (8 ounce ladle) provides 1/4 serving of cooked dry beans, 3/8 cup of vegetable, and 1/2 serving of grains/breads

YIELD 50 servings: 28 lb 13 oz
100 servings: 57 lb 10 oz

VOLUME: 50 servings: 3 gal 1 qt
100 servings: 6 gal 2 qt

Special Tip: Garnish with Parmesan cheese.

Preparation Note

Soaking Beans

Overnight method: Add 1 3/4 qt cold water to every 1 lb of dry beans. Cover and let stand overnight in a refrigerator. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 3/4 qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

Nutrients Per Serving

Calories	142	Saturated Fat	.4 g	Iron	1.8 mg
Protein	9 g	Cholesterol	0 mg	Calcium	35 mg
Carbohydrate	23 g	Vitamin A	477 RE/4767 IU	Sodium	86 mg
Total Fat	1.8 g	Vitamin C	7 mg	Dietary Fiber	6 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Onions	1 lb 2 oz	2 lb 4 oz	.....
Carrots	2 lb 14 oz	5 lb 12 oz	.....
Celery	10 oz	1 lb 4 oz	.....
Potatoes	1 lb 4 oz	2 lb 8 oz	.....
Cabbage	1 lb 3 oz	2 lb 5 oz	.....

Cream of Chicken Soup

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter All-purpose flour	12 oz 12 oz	1½ cups 2½ cups	1 lb 8 oz 1 lb 8 oz	3 cups 1 qt 1 cup		1. Melt margarine or butter in steam-jacketed kettle. Whisk in flour and cook this mixture for 3 to 4 minutes. Do not brown.
Chicken stock, non-MSG		2 qt 2 cups		1 gal 1 qt		2. Slowly add chicken stock while continuously whisking. Simmer until smooth and thickened, not above 180°F.
Lowfat milk or reconstituted nonfat dry milk		2 gal 1 qt		4 gal 2 qt		3. While soup is cooking, heat the lowfat milk.
Frozen cooked chicken, diced, thawed White pepper Salt (optional)	3 lb 2 oz	2 qt 2 cups 2 tsp 1 tsp	6 lb 4 oz	1 gal 1 qt 1 Tbsp 1 tsp 2 tsp		4. Slowly add hot lowfat milk, chicken, and seasonings. Simmer for 15 to 20 minutes, not above 180°F, to prevent curdling.

(over)

SERVING: 1 cup (8 ounce ladle)
provides 1 ounce of cooked poultry

YIELD: 50 servings: 26 lbs
100 servings: 52 lbs

VOLUME: 50 servings: 3 gal 1 cup
100 servings: 6 gal 2 cups

Special Tip: For a thicker soup, in Step 4 add a cornstarch-water mixture (1/2 cup of water and 1/4 cup of cornstarch for each 50 servings).

Nutrients Per Serving

Calories	202	Saturated Fat	2.9 g	Iron	.8 mg
Protein	15 g	Cholesterol	31 mg	Calcium	226 mg
Carbohydrate	14 g	Vitamin A	178 RE/607 IU	Sodium	470 mg
Total Fat	9.5 g	Vitamin C	1 mg	Dietary Fiber	0 g

Minestrone

Meat Alternate • Vegetable • Grains/Breads

Ingredients	50 Servings		100 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Water		1 cup		2 cups		1. Pour water into steam-jacketed kettle. Add onions, carrots, cabbage, celery, and zucchini (optional). Simmer for 15 minutes until tender.
*Onions, diced	9 oz	1 3/4 cups	1 lb 2 oz	3 1/2 cups		
OR						
Dried onions	1 oz	1/4 cup 1 Tbsp	2 oz	1/2 cup 2 Tbsp		
*Fresh carrots, diced	1 lb 6 oz	1 qt 1/2 cup	2 lb 12 oz	2 qt 1 cup		
*Fresh cabbage, minced	6 oz	1 2/3 cups	12 oz	3 1/3 cups		
*Fresh celery, chopped	8 oz	1 3/4 cups	1 lb	3 1/2 cups		
*Zucchini, chopped (optional)	8 oz	1 3/4 cups	1 lb	3 1/2 cups		
Beef stock, non-MSG		3 gal		6 gal		2. Add beef stock, tomato paste, chopped tomatoes, and seasonings. Simmer, uncovered, for 30 minutes.
Tomato paste	8 oz	1 cup	1 lb	2 cups		
Canned tomatoes, chopped	8 oz	1 cup	1 lb	2 cups		
Black pepper		1 tsp		2 tsp		
Dried oregano		1/4 tsp		1/2 tsp		
Dried parsley		1/2 tsp		1 tsp		
Granulated garlic		2 tsp		1 Tbsp 1 tsp		
Marjoram (optional)		1/8 tsp		1/4 tsp		
Canned white beans	4 lb	2 qt 2 1/2 cups	8 lb	1 gal 1 qt 1 cup		3. Add beans and macaroni. Continue simmering for 20 minutes.
Elbow macaroni	11 oz	2 cups	1 lb 6 oz	1 qt		

*See Marketing Guide.

(over)

SERVING: 1 cup (8 ounce ladle) provides 1/8 cup of cooked beans, 1/4 cup of vegetable, and 1/4 serving of grains/breads

YIELD: 50 servings: 23 lb 10 oz
100 servings: 47 lb 4 oz

VOLUME: 50 servings: 3 gal 2 qt
100 servings: 7 gal

Special Tip: Garnish with Parmesan cheese.

Nutrients Per Serving

Calories	118	Saturated Fat	.1 g	Iron	2.5 mg
Protein	9 g	Cholesterol	0 mg	Calcium	64 mg
Carbohydrate	20 g	Vitamin A	331 RE/3309 IU	Sodium	93 mg
Total Fat	.5 g	Vitamin C	5 mg	Dietary Fiber	3 g

Marketing Guide for Selected Items

Food as Purchased	For 50-Serving Recipe	For 100-Serving Recipe	For ___-Serving Recipe
Onions	11 oz	1 lb 5 oz	.....
Carrots	2 lb	4 lb	.....
Cabbage	7 oz	14 oz	.....
Celery	10 oz	1 lb 4 oz	.....