

Chicken (or Turkey) Chowder

Meat-Vegetable

Soups

H-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Onions, minced OR	7 oz	1 1/2 cups	14 oz	3 cups	1. In a heavy pot, saute onions, celery, and carrots in oil until tender, about 5 minutes.
Dehydrated onion flakes		1/4 cup 2 Tbsp		3/4 cup	
*Fresh celery, 1/4" dice	5 oz	1 cup	10 oz	2 cups	2. Add chicken, chicken stock, potatoes, salt, and pepper. Bring to a boil over medium heat. Reduce heat and simmer uncovered for 30 minutes, until potatoes are tender.
*Fresh carrots, peeled, 1/2" dice	4 oz	1 cup	8 oz	2 cups	
Vegetable oil		1/4 cup		1/2 cup	
Chicken or turkey meat, cooked, diced	1 lb 3 oz		2 lb 6 oz		
Chicken stock		2 qt		1 gal	
*Fresh potatoes, peeled, 1/2" dice	12 oz	2 cups	1 lb 8 oz	1 qt	
Salt		1/2 tsp		1 tsp	
Black pepper		1/2 tsp		1 tsp	
Lowfat milk, hot		2 cups		1 qt	
Dried parsley flakes		2 tsp		1 Tbsp 1 tsp	
Cornstarch		1/2 cup	4 oz	1 cup	3. Stir in hot milk and parsley. Simmer for 3 minutes.
Water, cold		1 cup		2 cups	4. Dissolve cornstarch in cold water and add to simmering soup. Whisk to combine. Simmer until thickened, about 5 minutes. CCP Heat to 165 degrees F or higher for 15 seconds.
					5. CCP Hold for hot service at 140 degrees F or higher.
*See Marketing Guide					

Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Onions	8 oz	1 lb
Celery	6 oz	12 oz
Carrots	6 oz	12 oz
Potatoes	15 oz	1 lb 14 oz

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SERVING:	YIELD:	VOLUME:
1/2 cup (4-oz ladle) provides 3/4 oz of cooked poultry and 1/8 cup of vegetable	25 Servings: 3 qt 3 cups 50 Servings: 1 gal 3 qt 2 cups	25 Servings: 50 Servings:

Nutrients Per Serving			
Calories	107	Saturated Fat	1.3 g
Protein	7 g	Cholesterol	18 mg
Carbohydrate	7 g	Vitamin A	134 RE/1183 IU
Total Fat	5.5 g	Vitamin C	3 mg
		Iron	.5 mg
		Calcium	38 mg
		Sodium	554 mg
		Dietary Fiber	1 g