H. Soups

Food Safety Tips

1. *Always* wash hands *before* beginning any food preparation.
2. *Always* wash hands *after* handling any raw animal products, such as meat, fish, poultry, and eggs. This is to prevent cross-contamination.
3. Use food thermometer to check recommended cooking temperature.
4. Hold all hot foods at 140°F.

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**May include chicken or beef broth.*

Soups

Chicken (or Turkey) Chowder

Meat • Vegetable **Soups H-1**

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
*Onions, minced	7 oz	1½ cups	14 oz	3 cups		1. In a heavy pot, saute onions, celery, and carrots in oil until tender, about 5 minutes.
OR						
Dehydrated onion flakes		¼ cup 2 Tbsp		¾ cup		
*Fresh celery, ¼" dice	5 oz	1 cup	10 oz	2 cups		
*Fresh carrots, peeled, ½" dice	4 oz	1 cup	8 oz	2 cups		
Vegetable oil		¼ cup		½ cup		
Chicken or turkey meat, cooked, diced	1 lb 3 oz		2 lb 6 oz			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.
Chicken stock		2 qt		1 gal		
*Fresh potatoes, peeled, ½" dice	12 oz	2 cups	1 lb 8 oz	1 qt		
Salt		½ tsp		1 tsp		
Black pepper		½ tsp		1 tsp		
Lowfat milk, hot		2 cups		1 qt		3. Stir in hot milk and parsley. Simmer for 3 minutes.
Dried parsley flakes		2 tsp		1 Tbsp 1 tsp		
Cornstarch		½ cup	4 oz	1 cup		4. Dissolve cornstarch in cold water and add to simmering soup. Whisk to combine. Simmer until thickened, about 5 minutes.
Water, cold		1 cup		2 cups		

*See Marketing Guide.

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Chicken (or Turkey) Chowder *(continued, page 2 of 2)*

SERVING: ½ cup (4-oz ladle) provides ¾ oz of cooked poultry and ⅛ cup of vegetable

YIELD: 25 servings: 3 qt 3 cups
50 servings: 1 gal 3 qt 2 cups

Nutrients Per Serving

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

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	8 oz	1 lb	.....
Celery	6 oz	12 oz	.....
Carrots	6 oz	12 oz	.....
Potatoes	15 oz	1 lb 14 oz	.....

Split Pea Soup

Meat Alternate • Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Margarine or butter		1/4 cup	4 oz	1/2 cup		1. In a stock pot, saute onions in margarine or butter until soft and slightly browned, approximately 2 to 3 minutes.
*Onions, minced		1/2 cup	4 oz	1 cup		
OR						
Dehydrated onion flakes		2 tsp		1 Tbsp 1 tsp		
Water		3 qt		1 gal 2 qt		2. Add water to onions and bring to a boil.
Dry split green peas	1 lb 3 oz	2 3/4 cups	2 lb 6 oz	1 qt 1 1/2 cups		
*Fresh celery, 1/4" dice	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cup		3. Add peas, celery, carrots, bay leaves, salt, and pepper. Bring to a boil.
*Fresh carrots, 1/2" dice	12 oz	2 1/2 cups	1 lb 8 oz	1 qt 1 cup		
Dry bay leaves		1 each		2 each		4. Reduce heat. Simmer, covered, until peas are soft, about 50 minutes.
Salt		2 Tbsp		1/4 cup		
Black pepper		1/2 tsp		1 tsp		
Ground marjoram		1/8 tsp		1/4 tsp		5. Add marjoram, thyme, and hot milk. Stir to blend.
Ground thyme		1/2 tsp		1 tsp		
Lowfat milk, hot		2 cups		1 qt		
White bread, toasted	7 oz	7 slices	13 oz	13 slices		6. Serve with a 4-oz ladle. Place 1/4 slice of toasted bread on top.

*See Marketing Guide.

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Split Pea Soup *(continued, page 2 of 2)*

SERVING: ½ cup (4-oz ladle) of soup with ¼ slice of toast provides ¼ cup of cooked split peas, ⅛ cup of vegetable, and ¼ slice of bread

YIELD: 25 servings: 3 qt ½ cup
50 servings: 1 gal 2 qt 1 cup

Nutrients Per Serving

Calories	130	Saturated Fat	.6 g	Iron	1.4 mg
Protein	7 g	Cholesterol	1 mg	Calcium	59 mg
Carbohydrate	20 g	Vitamin A	384 RE/3612 IU	Sodium	660 mg
Total Fat	2.7 g	Vitamin C	2 mg	Dietary Fiber	6 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	2½ oz	5 oz	.....
Celery	14 oz	1 lb 12 oz	.....
Carrots	1 lb 1 oz	2 lb 2 oz	.....

Corn Chowder

Vegetable **Soups H-3**

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
*Onions, minced	4 oz	3/4 cup	8 oz	1 1/2 cups		1. In a heavy pot, saute onions and celery in margarine or butter until tender, about 5 minutes.
OR						
Dehydrated onion flakes		3 Tbsp		1/4 cup 2 Tbsp		
*Fresh celery, 1/4" dice	8 oz	2 cups	1 lb	1 qt		2. Add flour and cook for 1 minute, stirring continuously.
Margarine or butter		1/4 cup 2 Tbsp	6 oz	3/4 cup		
All-purpose flour		3/4 cup	6 oz	1 1/2 cups		
Lowfat milk, hot		2 qt 2 cups		1 gal 1 qt		3. Slowly add hot milk to flour mixture. Whisk until smooth and thickened.
*White potatoes, peeled, 1/4" cubes	1 lb	2 3/4 cups	2 lb	1 qt 1 1/2 cups		4. Add potatoes and simmer for 10 minutes.
Canned yellow corn, cream-style	1 lb 8 oz	2 1/2 cups	3 lb	1 qt 1 cup		5. Stir in corn, salt, and pepper. Heat to 165°F serving temperature.
Salt		2 tsp		1 Tbsp 1 tsp		
White or black pepper		1/4 tsp		1/2 tsp		

*See Marketing Guide.

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Corn Chowder *(continued, page 2 of 2)*

SERVING: ½ cup (4-oz ladle) provides ¼ cup of vegetable

YIELD: 25 servings: 3 qt 2½ cups
50 servings: 1 gal 3 qt 1 cup

Special Tip: For a creamy appearance, substitute instant nonfat dry milk for the lowfat milk. Use 6 oz (2¼ cups) of dry milk and 3¾ cups of water for each quart of milk needed.

Nutrients Per Serving

Calories	115	Saturated Fat	1.2 g	Iron	.5 mg
Protein	5 g	Cholesterol	4 mg	Calcium	128 mg
Carbohydrate	16 g	Vitamin A	95 RE/350 IU	Sodium	354 mg
Total Fat	4.0 g	Vitamin C	6 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	5 oz	10 oz	.....
Celery	10 oz	1 lb 4 oz	.....
Potatoes	1 lb 4 oz	2 lb 8 oz	.....

Multi-Bean Soup

Meat Alternate • Vegetable

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Dry Great Northern beans	5 oz	3/4 cup	10 oz	1 1/2 cups		1. Soak beans in water for 20 to 30 minutes. Thoroughly drain and discard water. Rinse beans and drain thoroughly.
OR						
Dry navy pea beans	5 oz	3/4 cup	10 oz	1 1/2 cups		
Dry pinto beans	5 oz	3/4 cup	10 oz	1 1/2 cups		
Dry kidney beans	5 oz	3/4 cup	10 oz	1 1/2 cups		
Water		1 qt		2 qt		
Chicken stock		3 qt 1 1/2 cups		1 gal 2 qt 3 cups		2. In a pot, combine soaked beans, chicken stock, bay leaves, thyme, and garlic powder. Bring to a boil over medium heat. Reduce heat, cover, and simmer until the beans are tender, about 50 minutes.
Dry bay leaves		1 each		2 each		
Dry thyme leaves		1/4 tsp		1/2 tsp		
Garlic powder		1/4 tsp		1/2 tsp		
*Fresh potatoes, 1/2" dice	8 oz	1 1/2 cups	1 lb	3 cups		3. Add potatoes, carrots, celery, and onions. Simmer, covered, until tender, about 20 minutes.
*Fresh carrots, 1/2" dice	4 oz	1 cup	8 oz	2 cups		
*Fresh celery, 1/2" dice		1/2 cup	4 oz	1 cup		
*Onions, minced		1/2 cup	6 oz	1 cup		
OR						
Dehydrated onion flakes		1 Tbsp		2 Tbsp		
Lowfat milk, hot		1 1/4 cups		2 1/2 cups		4. Add hot milk, salt, and pepper. Return to a simmer and cook, uncovered, for 15 minutes.
Salt		1/8 tsp		1/4 tsp		
Black pepper		1/8 tsp		1/4 tsp		
						5. Remove bay leaves.

*See Marketing Guide.

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Multi-Bean Soup *(continued, page 2 of 2)*

SERVING: ½ cup (4-oz ladle) provides ⅛ cup of cooked dry beans and ⅛ cup of vegetable

YIELD: 25 servings: 3 qt 3¼ cup
50 servings: 1 gal 3 qt 2½ cups

Special Tip:

1) If a softer bean is desired, beans may be soaked overnight.
2) If desired, soup may be made with canned beans. For 25 servings, substitute 2¼ cups of canned beans for each ¾ cup of dry beans.

Nutrients Per Serving

Calories	86	Saturated Fat	.3 g	Iron	1.2 mg
Protein	5 g	Cholesterol	0 mg	Calcium	48 mg
Carbohydrate	14 g	Vitamin A	129 RE/1200 IU	Sodium	825 mg
Total Fat	.9 g	Vitamin C	3 mg	Dietary Fiber	4 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Potatoes	10 oz	1 lb 4 oz	.....
Carrots	6 oz	12 oz	.....
Celery	3 oz	6 oz	.....
Onions	4 oz	8 oz	.....

Broccoli Cheese Soup

Meat Alternate • Vegetable

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken stock		2 qt 1 cup		1 gal 2 cups		1. In a pot, bring chicken stock to a boil.
*Fresh carrots, 1/4" dice	10 oz	2 cups	1 lb 4 oz	1 qt		2. Add carrots and onions. Boil until vegetables are tender, approximately 10 minutes.
*Onions, minced	10 oz	2 cups	1 lb 4 oz	1 qt		
OR						
Dehydrated onion flakes		1/4 cup 2 Tbsp		3/4 cup		
All-purpose flour	6 oz	1 1/3 cups	12 oz	2 2/3 cups		3. In a heavy pot, melt margarine or butter. Whisk in flour and cook for 2 minutes. (This makes a roux.) Do not brown.
Margarine or butter	6 oz	3/4 cup	12 oz	1 1/2 cups		
Lowfat milk, hot		3 cups		1 qt 2 cups		4. Slowly add hot milk to roux. Continue to whisk until smooth.
Salt		1/2 tsp		1 tsp		
White pepper		1/4 tsp		1/2 tsp		5. Slowly add stock and vegetables.
Hot pepper sauce		1/8 tsp		1/4 tsp		6. Add salt, pepper, and hot sauce. Whisk to blend. Simmer until thickened, about 10 minutes, whisking occasionally.
Lowfat cheddar cheese, shredded	1 lb 3 oz	1 qt 3/4 cup	2 lb 6 oz	2 qt 1 1/2 cups		7. Add cheese, whisking occasionally until cheese is melted.
Frozen chopped broccoli	1 lb 7 oz	1 qt 2 1/4 cups	2 lb 14 oz	3 qt 1/2 cup		8. Add broccoli. Stir occasionally until heated to 165°F serving temperature.

*See Marketing Guide.

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Broccoli Cheese Soup *(continued, page 2 of 2)*

SERVING: ½ cup (4-oz ladle) provides ¾ oz of cheese and ¼ cup of vegetable

YIELD: 25 servings: 1 gal 2½ cups
50 servings: 2 gal 1 qt 1 cup

Nutrients Per Serving

Calories	147	Saturated Fat	2.4 g	Iron	.7 mg
Protein	8 g	Cholesterol	6 mg	Calcium	154 mg
Carbohydrate	11 g	Vitamin A	444 RE/3759 IU	Sodium	804 mg
Total Fat	7.9 g	Vitamin C	15 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Carrots	14 oz	1 lb 12 oz	.....
Onions	11 oz	1 lb 6 oz	.....

Tomato Pasta Soup

Vegetable • Grains/Breads

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Tomato juice		1 qt 2 cups		3 qt		1. In a pot, combine tomato juice, milk, bay leaves, tomato paste, sugar, Worcestershire sauce, celery salt, and pepper. Simmer for 10 minutes. Remove bay leaves.
Lowfat milk		1 qt		2 qt		
Dry bay leaves		2 each		4 each		
Tomato paste		1/4 cup	4 oz	1/2 cup		
Sugar		2 Tbsp		1/4 cup		
Worcestershire sauce		1 Tbsp		2 Tbsp		
Celery salt		1/2 tsp		1 tsp		
Black pepper		1/8 tsp		1/4 tsp		
Elbow macaroni	11 oz	2 1/2 cups	1 lb 6 oz	1 qt 1 cup		2. Cook pasta in boiling water about 8 minutes or until tender but firm ("al dente"). Drain and add to soup.
OR						
Alphabet pasta	11 oz	1 3/4 cups	1 lb 6 oz	3 1/2 cups		
OR						
Orzo	11 oz	1 1/2 cups	1 lb 6 oz	3 cups		

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Tomato Pasta Soup *(continued, page 2 of 2)*

SERVING: ½ cup (4-oz ladle) provides ¼ cup of vegetable and the equivalent of ¼ slice of bread

YIELD: 25 servings: 1 gal
50 servings: 2 gal

Special Tips:

1. For variety, use a combination of all three types of pasta.
2. Garnish with grated cheese or popcorn.

Nutrients Per Serving

Calories	77	Saturated Fat	.3 g	Iron	.9 mg
Protein	3 g	Cholesterol	2 mg	Calcium	57 mg
Carbohydrate	15 g	Vitamin A	62 RE/464 IU	Sodium	57 mg
Total Fat	.7 g	Vitamin C	12 mg	Dietary Fiber	1 g

Lentil Soup

Meat Alternate • Vegetable

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Dry lentils	11 oz	1½ cups	1 lb 6 oz	3 cups		1. Rinse lentils to sort out any unwanted materials. Drain well.
Beef stock		2 qt		1 gal		2. In a pot, combine lentils, stock, and tomato paste. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, until lentils are just tender, about 12 minutes.
Tomato paste	1 lb 2 oz	2 cups	2 lb 4 oz	1 qt		
*Potatoes, peeled, ½" cubes	6 oz	1 cup	12 oz	2 cups		3. Add potatoes, onions, celery, carrots, parsley, garlic, bay leaves, and cumin. Simmer, uncovered, until potatoes are tender, about 15 minutes.
*Onions, minced	5 oz	1 cup	10 oz	2 cups		
OR						
Dehydrated onion flakes		3 Tbsp		¼ cup 2 Tbsp		4. Remove bay leaves.
*Fresh celery, ½" dice	7 oz	1½ cups	14 oz	3 cups		
*Fresh carrots, ½" dice	7 oz	1½ cups	14 oz	3 cups		
Dried parsley flakes		1 Tbsp		2 Tbsp		
Granulated garlic		1 tsp		2 tsp		
Dry bay leaves		1 each		2 each		
Ground cumin		⅛ tsp		¼ tsp		

*See Marketing Guide.

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Lentil Soup *(continued, page 2 of 2)*

SERVING: ½ cup (4-oz ladle) provides ⅛ cup of cooked lentils and ⅜ cup of vegetable

YIELD: 25 servings: 3 qt 1 cup
50 servings: 1 gal 2 qt 2 cups

Nutrients Per Serving

Calories	78	Saturated Fat	.2 g	Iron	1.9 mg
Protein	5 g	Cholesterol	0 mg	Calcium	25 mg
Carbohydrate	14 g	Vitamin A	254 RE/2544 IU	Sodium	461 mg
Total Fat	.6 g	Vitamin C	12 mg	Dietary Fiber	5 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Potatoes	7 oz	14 oz	.....
Onions	6 oz	12 oz	.....
Celery	8 oz	1 lb	.....
Carrots	10 oz	1 lb 4 oz	.....

Bean Soup

Meat Alternate • Vegetable

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken or ham stock		1 gal 2 cups		2 gal 1 qt		1. Combine stock, beans, tomato paste, onions, celery, carrots, pepper, parsley flakes, and ham (optional). Bring to a boil. (If desired, liquid from cooked beans may be used as part of the stock.) 2. Reduce heat. Cover. Simmer for 20 minutes or until vegetables are tender.
*Cooked dry Navy beans (see preparation note)	5 lb 1 oz	3 qt 1 cup	10 lb 2 oz	1 gal 2 qt 2 cups		
Tomato paste		1/4 cup 2 Tbsp	7 oz	3/4 cup		
*Onions, chopped	7 oz	1 cup 2 Tbsp	14 oz	2 1/4 cups		
OR						
Dehydrated onions		1/4 cup		1/2 cup		
*Fresh celery, chopped		3/4 cup	6 1/2 oz	1 1/2 cups		
*Fresh carrots, chopped		1/2 cup 2 Tbsp	6 1/2 oz	1 1/4 cups		
Black or white pepper		1/2 tsp		1 tsp		
Dried parsley flakes		2 Tbsp		1/4 cup		
Cooked ham, diced (optional)	8 oz	1 1/2 cups	1 lb	3 cups		
All-purpose flour		1/2 cup	4 1/2 oz	1 cup		3. Combine flour and water. Mix until smooth. 4. Add flour-and-water combination to stock mixture from Step 1. Stir well. Cook over medium heat until thickened, 10 to 12 minutes. 5. Pour into serving pans or soup bowls. 6. Portion with 8-oz ladle (1 cup).
Water		1/2 cup		1 cup		

*See Marketing Guide.

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SERVING: 1 cup (8-oz ladle) provides 1/2 cup of cooked dry beans and 1/8 cup of vegetable

YIELD: 25 servings: 1 gal 2 qt (approximately)
50 servings: 3 gal 1 qt (approximately)

Special Tip: Ham stock is the liquid that remains after boiling ham. You can also make it by draining the fat from pan drippings of baked ham, then diluting the drippings with 2 parts of water. In addition, you can make ham stock from a commercial ham base.

Preparation Note

SOAKING BEANS

Overnight method: Add 1 3/4 qt of cold water to each 1 lb of dry beans. Cover. Let stand overnight in refrigerator.

Quick-soak method: Boil 1 3/4 qt of water for each 1 lb of dry beans. Pour in beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked, add 1/2 tsp salt (optional) for each 1 lb of dry beans. Boil gently with lid tilted about 2 hours, until tender.

1 lb dry beans = about 2 1/2 cups dry beans
1 lb dry beans = 6 1/4 cups cooked beans

Nutrients Per Serving

Calories	166	Saturated Fat	.3 g	Iron	2.8 mg
Protein	10 g	Cholesterol	0 mg	Calcium	83 mg
Carbohydrate	29 g	Vitamin A	114 RE/1093 IU	Sodium	1295 mg
Total Fat	1.4 g	Vitamin C	4 mg	Dietary Fiber	15 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Dry Navy beans	2 lb 3 oz	4 lb 5 oz	.....
Mature onions	8 oz	1 lb	.....
Celery	4 oz	8 oz	.....
Carrots	5 oz	9 1/2 oz	.....

Cream of Vegetable Soup

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Butter or margarine	8 oz	1 cup	1 lb	2 cups		1. Melt butter or margarine. Add onions and celery (optional). Cook over medium heat for 5 to 10 minutes.
*Onions, chopped	7 oz	1 cup 2 Tbsp	14 oz	2 1/4 cups		
OR						
Dehydrated onions		1/4 cup		1/2 cup		
*Fresh celery, chopped (optional)	4 oz	1 cup	8 1/2 oz	2 cups		
All-purpose flour	8 oz	1 3/4 cups 2 Tbsp	1 lb 1 oz	3 3/4 cups		2. Blend in flour and cook over medium heat, stirring constantly until golden brown, 6 to 8 minutes.
Reconstituted instant nonfat dry milk		1 qt		2 qt		3. Slowly stir in milk, broth, pepper, flaked basil (optional), parsley flakes (optional), and garlic powder. Blend well. Bring to a boil. Reduce heat. Simmer, uncovered, stirring frequently until slightly thickened, 10 to 15 minutes.
Chicken broth		1 gal 2 cups		2 gal 1 qt		
Black or white pepper		1/2 tsp		1 tsp		
Flaked basil (optional)		1 1/2 tsp		1 Tbsp		
Parsley flakes (optional)		2 Tbsp		1/4 cup		
Garlic powder		1 1/2 tsp		1 Tbsp		
Assorted cooked or canned, drained vegetables. Choose one or more to total Broccoli Carrots Corn Green beans Green peas Spinach Mixed vegetables	2 lb 8 oz		5 lb			4. Add vegetables. Cook over medium heat 5 to 10 minutes, until thoroughly heated (165°F). 5. Pour into serving pans. 6. Portion with 8-oz ladle (1 cup).

*See Marketing Guide.

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Cream of Vegetable Soup *(continued, page 2 of 2)*

SERVING: 1 cup (8-oz ladle) provides 1/4 cup of vegetable and the equivalent of 1/2 slice of bread

YIELD: 25 servings: 1 gal 2 qt 2 cups (approximately)
50 servings: 3 gal 1 qt (approximately)

Nutrients Per Serving

Calories	156	Saturated Fat	4.8 g	Iron	1.0 mg
Protein	5 g	Cholesterol	20 mg	Calcium	81 mg
Carbohydrate	16 g	Vitamin A	605 RE/5582 IU	Sodium	1232 mg
Total Fat	8.4 g	Vitamin C	3 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	8 oz	1 lb	.....
Celery	5 oz	10 1/2 oz	.....

Chicken or Turkey Noodle Soup

Meat • Grains/Breads **Soups H-10**

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken or turkey broth		1 gal 2 qt		3 gal		1. In a large, heavy kettle, combine broth, celery, carrots (optional), onions, parsley flakes (optional), pepper, and poultry seasoning. 2. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes.
*Fresh celery, chopped	12 oz	2 3/4 cups 2 Tbsp	1 lb 8 oz	1 qt 1 3/4 cups		
*Fresh carrots, chopped (optional)	6 oz	1 cup 2 Tbsp	12 oz	2 1/4 cups		
*Onions, chopped	7 oz	1 cup 2 Tbsp	14 oz	2 1/4 cups		
OR						
Dehydrated onions		1/4 cup		1/2 cup		
Parsley flakes (optional)		2 Tbsp		1/4 cup		
Black or white pepper		1/2 tsp		1 tsp		
Poultry seasoning		1/2 tsp		1 tsp		
Noodles	10 oz	1 qt 3 1/2 cups	1 lb 4 oz	3 qt 3 cups		3. Add noodles and chicken or turkey. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender. 4. Pour into serving pans or bowls. 5. Portion with 8-oz ladle (1 cup).
*Cooked chicken or turkey, chopped	13 oz	2 1/2 cups	1 lb 9 1/2 oz	1 qt 1 cup		

*See Marketing Guide.

(over)

SERVING: 1 cup (8-oz ladle) provides 1/2 oz of cooked poultry and the equivalent of 1/2 slice of bread

YIELD: 25 servings: 1 gal 2 qt 2 cups (approximately)
50 servings: 3 gal 1 qt (approximately)

Variation:

a. Chicken or Turkey Rice Soup

25 servings: Follow Steps 1 and 2. In Step 3, omit noodles. Instead, use 11 oz (1 1/2 cups 2 Tbsp) rice. Simmer for 20 minutes. Continue with Steps 4 and 5.

50 servings: Follow Steps 1 and 2. In Step 3, omit noodles. Instead, use 1 lb 6 1/2 oz (3 1/4 cups) rice. Simmer for 20 minutes. Continue with Steps 4 and 5.

Nutrients Per Serving

Calories	96	Saturated Fat	.6 g	Iron	.8 mg
Protein	7 g	Cholesterol	22 mg	Calcium	27 mg
Carbohydrate	11 g	Vitamin A	17 RE/69 IU	Sodium	1447 mg
Total Fat	2.5 g	Vitamin C	2 mg	Dietary Fiber	1 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Celery	15 oz	1 lb 13 oz	
Carrots	9 oz	1 lb 1 1/2 oz	
Mature onions	8 oz	1 lb	
Chicken, whole, without neck and giblets	2 lb 3 oz	4 lb 7 oz	
OR			
Turkey, whole, without neck and giblets	1 lb 12 oz	3 lb 7 oz	

Vegetable Soup

Vegetable

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken or beef broth		3 qt 3 cups		1 gal 3 qt 2 cups		1. Combine broth, tomatoes, celery, onions, pepper, parsley flakes, and garlic powder. Bring to a boil.
Canned tomatoes, with liquid, chopped	3 lb 3 oz	1 qt 2 cups	6 lb 6 oz	1 No. 10 can		2. Reduce heat and cover. Simmer for 20 minutes.
*Fresh celery, chopped	5 oz	1 1/4 cups	10 oz	2 1/2 cups		
*Onions, chopped	8 oz	1 1/4 cups 2 Tbsp	1 lb	2 3/4 cups		
OR						
Dehydrated onions		1/4 cup 3 Tbsp		3/4 cup 2 Tbsp		
Black pepper		1/2 tsp		1 tsp		
Parsley flakes		2 Tbsp		1/4 cup		
Garlic powder		1 Tbsp		2 Tbsp		
Whole-kernel corn, canned, liquid pack, drained	9 oz	1 1/2 cups	1 lb 1 1/2 oz	3 cups		3. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
OR						
Frozen whole-kernel corn	9 oz	1 1/2 cups 2 Tbsp	1 lb 1 1/2 oz	3 1/4 cups		4. Cover and simmer for 15 minutes, or until vegetables are tender.
Canned diced carrots, drained	9 oz	1 1/2 cups	1 lb 2 oz	3 cups		5. Pour into serving pans or bowls.
OR						
Frozen sliced carrots	11 oz	2 1/2 cups	1 lb 6 oz	1 qt 1 cup		6. Portion with 8-oz ladle (1 cup).
Canned cut green beans, drained	8 oz	1 1/2 cups	15 oz	3 cups		
OR						
Frozen cut green beans	8 oz	1 3/4 cups	15 oz	3 1/2 cups		
Canned green peas, drained	9 oz	1 1/2 cups	1 lb 1 1/2 oz	3 cups		
OR						
Frozen green peas	10 oz	2 cups	1 lb 4 oz	1 qt		

*See Marketing Guide.

(over)

SERVING: 1 cup (8-oz ladle) provides ½ cup of vegetable

YIELD: 25 servings: 1 gal 2 qt (approximately)
50 servings: 3 gal 1 qt (approximately)

Variations:

a. Beef Vegetable Soup

25 servings: In Step 1, use beef stock and 1 lb 10 oz (3½ cups) undrained canned beef, fat removed, or 1 lb 2 oz raw ground beef (no more than 24% fat), browned and drained. Continue with Steps 2 through 6.

50 servings: In Step 1, use beef stock and 3 lb 3 oz (1 qt 3 cups) undrained canned beef, fat removed, or 2 lb 2½ oz raw ground beef (no more than 24% fat), browned and drained. Continue with Steps 2 through 6.

b. Chicken or Turkey Vegetable Soup

25 servings: In Step 1, use chicken stock and 13 oz (2½ cups) cooked chopped chicken or turkey. Continue with Steps 2 through 6.

50 servings: In Step 1, use chicken stock and 1 lb 9½ oz (1 qt 1 cup) cooked chopped chicken or turkey. Continue with Steps 2 through 6.

Nutrients Per Serving

Calories	52	Saturated Fat	.2 g	Iron	.9 mg
Protein	3 g	Cholesterol	0 mg	Calcium	38 mg
Carbohydrate	9 g	Vitamin A	196 RE/1919 IU	Sodium	1087 mg
Total Fat	1.0 g	Vitamin C	13 mg	Dietary Fiber	2 g

Marketing Guide for Selected Items

Food as Purchased	For 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Celery	6 oz	12 oz	.....
Mature onions	10 oz	1 lb 2½ oz ..	.....

Minestrone

Meat Alternate • Vegetable • Grains/Breads **Soups H-12**

Ingredients	25 Servings		50 Servings		For ____ Servings	Directions
	Weight	Measure	Weight	Measure		
Water		1/2 cup		1 cup		1. Pour water into a large, heavy kettle. Add onions, carrots, cabbage, celery, and zucchini (optional). Simmer for 15 minutes until vegetables are tender.
*Onions, diced	4 1/2 oz	3/4 cup 2 Tbsp	9 oz	1 3/4 cups		
OR						
Dehydrated onions		2 Tbsp 1 1/2 tsp		1/4 cup 1 Tbsp		
*Fresh carrots, diced	11 oz	2 1/4 cups	1 lb 6 oz	1 qt 1/2 cup		
*Fresh cabbage, minced		3/4 cup 1 Tbsp	6 oz	1 2/3 cups		
*Fresh celery, chopped	4 oz	3/4 cup 2 Tbsp	8 oz	1 3/4 cups		
*Fresh zucchini, chopped (optional)	4 oz	3/4 cup 2 Tbsp	8 oz	1 3/4 cups		
Beef broth, non-MSG		1 gal 2 qt		3 gal		2. Add beef broth, tomato paste, chopped tomatoes, and seasonings. Simmer, uncovered, for 30 minutes.
Tomato paste	4 oz	1/2 cup	8 oz	1 cup		
Canned tomatoes, chopped	4 oz	1/2 cup	8 oz	1 cup		
Black pepper		1/2 tsp		1 tsp		
Dried oregano		1/8 tsp		1/4 tsp		
Dried parsley		1/4 tsp		1/2 tsp		
Granulated garlic		1 tsp		2 tsp		
Marjoram (optional)		1/16 tsp		1/8 tsp		
Canned white beans	2 lb	1 qt 1 1/4 cups	4 lb	2 qt 2 1/2 cups		3. Add beans and macaroni. Continue simmering for 20 minutes.
Elbow macaroni	5 1/2 oz	1 cup	11 oz	2 cups		4. Pour into serving pans or bowls.

*See Marketing Guide.

(over)

SERVING: 1 cup (8-oz ladle) provides 1/8 cup of cooked beans, 1/4 cup of vegetable, and the equivalent of 1/4 slice of bread

YIELD: 25 servings: 11 lb 13 oz
50 servings: 23 lb 10 oz

VOLUME: 25 servings: 1 gal 3 qt
50 servings: 3 gal 2 qt

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 25-Serving Recipe	For 50-Serving Recipe	For ___-Serving Recipe
Onions	5 1/2 oz	11 oz	.....
Carrots	1 lb	2 lb	.....
Cabbage	3 1/2 oz	7 oz	.....
Celery	5 oz	10 oz	.....