

# Bean Soup

Meat Alternate-Vegetable

Soups

H-08

Ingredients	25 Servings		50 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.)
*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	2. Reduce heat. Cover. Simmer for 20 minutes or until vegetables are tender. 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. CCP Heat to 165 degrees F or higher for at least 15 seconds. 5. Pour into serving pans or soup bowls. CCP Hold for hot service at 140 degrees F or higher. 6. Portion with 8-oz ladle (1 cup).
*Onions, chopped OR	7 oz	1 cup 2 Tbsp	14 oz	2 1/4 cups	
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	
Water		1/2 cup		1 cup	
*See Marketing Guide					

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Marketing Guide		
Food as Purchased	For 25 Svgs	For 50 Svgs
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

SERVING:	YIELD:	VOLUME:
1 cup (8-oz ladle) provides 1/2 cup of cooked dry beans and 1/8 cup of vegetable	<b>25 Servings:</b> 1 gal 2 qt (approximately)	<b>25 Servings:</b>
	<b>50 Servings:</b> 3 gal 1 qt (approximately)	<b>50 Servings:</b>

Preparation Note:  
SOAKING BEANS

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

Quick-soak method: Boil 1 3/4 qt of water for each lb of dry beans. Pour beans in 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 for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,  
CCP Hold for hot service at 140 degrees F.

Or, chill for later use. If chilling:  
CCP Cool to 70 degrees F within 2 hours and to 41 degrees F or lower within an additional 4 hours.

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

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.

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## Nutrients Per Serving

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