

# Vegetable Soup

Vegetable

Soups

H-11

Ingredients	25 Servings		50 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	
*Fresh celery, chopped	5 oz	1 1/4 cups	10 oz	2 1/2 cups	2. Reduce heat and cover. Simmer for 20 minutes.  3. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)  CCP Heat to 165 degrees F or higher for at least 15 seconds.
*Onions, chopped OR	8 oz	1 1/4 cups 2 Tbsp	1 lb	2 3/4 cups	
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 OR	9 oz	1 1/2 cups	1 lb 1 1/2 oz	3 cups	
Frozen whole-kernel corn	9 oz	1 1/2 cups 2 Tbsp	1 lb 1 1/2 oz	3 1/4 cups	
Canned diced carrots, drained OR	9 oz	1 1/2 cups	1 lb 2 oz	3 cups	
Frozen sliced carrots	11 oz	2 1/2 cups	1 lb 6 oz	1 qt 1 cup	
Canned cut green beans, drained OR	8 oz	1 1/2 cups	15 oz	3 cups	
Frozen cut green beans	8 oz	1 3/4 cups	15 oz	3 1/2 cups	
Canned green peas, drained OR	9 oz	1 1/2 cups	1 lb 1 1/2 oz	3 cups	
Frozen green peas	10 oz	2 cups	1 lb 4 oz	1 qt	4. CCP Hold for hot service at 140 degrees F or higher.
*See Marketing Guide					

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## Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Celery	6 oz	12 oz
Mature onions	10 oz	1 lb 2 1/2 oz

### SERVING:

1 cup (8-oz ladle) provides 1/2 cup of vegetable

### YIELD:

**25 Servings:** 1 gal 2 qt (approximately)

**50 Servings:** 3 gal 1 qt (approximately)

### VOLUME:

**25 Servings:**

**50 Servings:**

## Nutrients Per Serving

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