

# Multi-Bean Soup

Meat Alternate-Vegetable

Soups

H-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Dry Great Northern beans OR	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.
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	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.
Chicken stock		3 qt 1 1/2 cups		1 gal 2 qt 3 cups	
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 OR		1/2 cup	6 oz	1 cup	
Dehydrated onion flakes		1 Tbsp		2 Tbsp	
Lowfat milk, hot		1 1/4 cups		2 1/2 cups	
Salt		1/8 tsp		1/4 tsp	4. Add hot milk, salt, and pepper. Return to a simmer and cook, uncovered, for 15 minutes.  CCP Heat to 165 degrees F or higher for at least 15 seconds.
Black pepper		1/8 tsp		1/4 tsp	
					5. Remove bay leaves.
					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
Potatoes	10 oz	1 lb 4 oz
Carrots	6 oz	12 oz
Celery	3 oz	6 oz
Onions	4 oz	8 oz

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

**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 2 1/4 cups of canned beans for each 3/4 cup of dry beans.

## Nutrients Per Serving

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