

# Broccoli Cheese Soup

Meat Alternate-Vegetable

Soups

H-05

Ingredients	25 Servings		50 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 OR	10 oz	2 cups	1 lb 4 oz	1 qt	
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	5. Slowly add stock and vegetables.
White pepper		1/4 tsp		1/2 tsp	6. Add salt, pepper, and hot sauce. Whisk to blend. Simmer until thickened, about 10 minutes, whisking occasionally.
Hot pepper sauce		1/8 tsp		1/4 tsp	
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.
					CCP Heat to 165 degrees F or higher for at least 15 seconds.
					9. 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
Carrots	14 oz	1 lb 12 oz
Onions	11 oz	1 lb 6 oz

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

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