

# Cream of Vegetable Soup

Vegetable

Soups

H-09

Ingredients	25 Servings		50 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 OR	7 oz	1 cup 2 Tbsp	14 oz	2 1/4 cups	
Dehydrated onions		1/4 cup		1/2 cup	2. Blend in flour and cook over medium heat, stirring constantly until golden brown, 6 to 8 minutes.
*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	3. Slowly stir in milk, broth, pepper, flaked basil (optional), parsley flakes (optional), and garlic powder. Blend well. Bring to boil. Reduce heat. Simmer, uncovered, stirring frequently until slightly thickened, 10 to 15 minutes.
Reconstituted instant nonfat dry milk		1 qt		2 qt	
Chicken broth		1 gal 2 cups		2 gal 1 qt	4. Add vegetables. Cook over medium heat, 5 to 10 minutes, until thoroughly heated.  CCP Heat to 165 degrees F or higher for at least 15 seconds.
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	2 lb 8 oz		5 lb		
Broccoli					5. Pour into serving pans.
Carrots					
Corn					CCP Hold for hot service at 140 degrees F or higher.
Green beans					
Green peas					6. Portion with 8 oz ladle (1 cup).
Spinach					
Mixed vegetables					

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\*See Marketing Guide

## Marketing Guide

Food as Purchased	For 25 Svgs	For 50 Svgs
Onions	8 oz	1 lb
Celery	5 oz	10 1/2 oz

### 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)

### VOLUME:

**25 Servings:**  
**50 Servings:**

## Nutrients Per Serving

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