

Bean Soup

Meat/Meat Alternate-Vegetable

Soups

H-01

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or ham stock, non-MSG		2 gal 1 qt		4 gal 2 qt	1. Combine stock, beans, tomato paste, onions, celery, carrots, pepper, parsley, and ham (optional). Bring to boil. (If desired, liquid from cooked beans may be used as part of the stock.) 2. Reduce heat. Cover. Simmer for 20 minutes or until vegetables are tender. CCP: Heat to 165° F or higher for at least 15 seconds. 3. Combine flour and water. Mix until smooth. 4. Add to stock mixture. Stir well and cook over medium heat until thickened, 10-12 minutes. 5. Pour 8 lb 7 ¼ oz (1 gal ¾ cup) into a medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans. CCP: Hold for hot service at 135° F or higher. 6. Portion with 8 oz ladle (1 cup).
*Cooked dry Navy beans (see Special Tip)	10 lb 2 oz	1 gal 2 ½ qt	20 lb 4 oz	3 gal 1 qt	
Canned tomato paste	7 oz	¾ cup 1 Tbsp	14 oz	1 ½ cups 2 Tbsp	
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ¾ cup OR 2 ½ cups	
*Fresh celery, chopped	6 ½ oz	1 ½ cups 2 Tbsp	13 oz	3 ¼ cups	
*Fresh carrots, chopped	6 ½ oz	1 ¾ cups	13 oz	3 ½ cups	
Ground black or white pepper		1 tsp		2 tsp	
Dried parsley		¼ cup		½ cup	
Cooked ham, diced (optional)	1 lb	3 cups	2 lb	1 qt 2 cups	
Enriched all-purpose flour	4 ½ oz	1 cup 1 Tbsp	9 oz	2 cups 2 Tbsp	
Water		1 cup		2 cups	

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servinas
Dry Navy beans	4 lb 4 oz	8 lb 8 oz
Mature onions	1 lb	2 lb

Bean Soup

Meat/Meat Alternate-Vegetable

Soups

H-01

Celery	8 oz	1 lb
Carrots	8 oz	1 lb

SERVING:

1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate and $\frac{1}{8}$ cup of vegetable.

YIELD:

50 Servings: about 25 lb 6 oz

100 Servings: about 50 lb 12 oz

VOLUME:

50 Servings: about 3 gallons 2 cups

100 Servings: about 6 gallons 1 quart

Edited 2004

Special Tip:

SOAKING BEANS

Overnight method: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add $\frac{1}{2}$ tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Chill for later use. If chilling:

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry Navy beans = about 2 $\frac{1}{4}$ cups dry or 5 $\frac{7}{8}$ cups cooked beans.

Bean Soup

Meat/Meat Alternate-Vegetable

Soups

H-01

Nutrients Per Serving

Calories	159	Saturated Fat	0.22 g	Iron	2.66 mg
Protein	9.28 g	Cholesterol	1 mg	Calcium	79 mg
Carbohydrate	29.37 g	Vitamin A	1073 IU	Sodium	329 mg
Total Fat	0.88 g	Vitamin C	4.4 mg	Dietary Fiber	6.4 g

Chicken or Turkey Noodle Soup

Meat/Meat Alternate-Grains/Breads

Soups

H-02

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or turkey stock, non-MSG		3 gal 3 ½ qt		7 gal 3 qt	1. Combine stock, celery, carrots (optional), onions, parsley (optional), pepper, and poultry seasoning. 2. Bring to boil. Reduce heat and cover. Simmer for 20 minutes. 3. Add noodles and chicken or turkey. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender. CCP: Heat to 165° F or higher for at least 15 seconds. 4. Pour 9 lb (1 gal ⅔ cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans. CCP: Hold for hot service at 135° F or higher. 5. Portion with 8 oz ladle (1 cup).
*Fresh celery, chopped	1 lb 8 oz	1 qt 1 ¾ cups	3 lb	2 qt 3 ½ cups	
*Fresh carrots, chopped (optional)	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ⅓ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ⅔ cup OR 2 ½ cups	
Dried parsley (optional)		¼ cup		½ cup	
Ground black or white pepper		1 tsp		2 tsp	
Poultry seasoning		1 tsp		2 tsp	
Enriched medium noodles	1 lb 6 oz	1 gal	2 lb 12 oz	2 gal	
*Cooked chicken or turkey, chopped	1 lb 9 ½ oz	1 qt 1 cup	3 lb 3 oz	2 qt 2 cups	

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Celery	1 lb 13 oz	3 lb 10 oz
Carrots	15 oz	1 lb 14 oz
Mature onions	1 lb	2 lb

Chicken or Turkey Noodle Soup

Meat/Meat Alternate-Grains/Breads

Soups

H-02

Chicken, whole, without neck and giblets	4 lb 7 oz	8 lb 14 oz
OR	OR	OR
Turkey, whole, without neck and giblets	3 lb 7 oz	6 lb 14 oz

SERVING:

1 cup (8 oz ladle) provides ½ oz equivalent meat/meat alternate and ½ serving of grains/breads.

YIELD:

50 Servings: about 27 lb

100 Servings: about 54 lb

VOLUME:

50 Servings: about 3 gallons 2 cups

100 Servings: about 6 gallons 1 quart

Edited 2004

Nutrients Per Serving

Calories	98	Saturated Fat	0.55 g	Iron	0.87 mg
Protein	7.33 g	Cholesterol	26 mg	Calcium	26 mg
Carbohydrate	12.21 g	Vitamin A	33 IU	Sodium	207 mg
Total Fat	2.16 g	Vitamin C	1.7 mg	Dietary Fiber	0.7 g

Chicken or Turkey Rice Soup

Meat/Meat Alternate-Grains/Breads

Soups

H-02A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or turkey stock, non-MSG		3 gal 3 ½ qt		7 gal 3 qt	1. Combine stock, celery, carrots (optional), onions, parsley (optional), pepper, and poultry seasoning. 2. Bring to boil. Reduce heat and cover. Simmer for 10 minutes. 3. Add rice and chicken or turkey. Return to simmer. Cover. Simmer for 20 minutes or until rice is tender. CCP: Heat to 165° F or higher for at least 15 seconds. 4. Pour 9 lb (1 gal ⅔ cup) into a medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans. 5. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).
*Fresh celery, chopped	1 lb 8 oz	1 qt 1 ¾ cups	3 lb	2 qt 3 ½ cups	
*Fresh carrots, chopped (optional)	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ⅓ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ⅔ cup OR 2 ½ cups	
Dried parsley (optional)		¼ cup		½ cup	
Ground black or white pepper		1 tsp		2 tsp	
Poultry seasoning		1 tsp		2 tsp	
Enriched white rice, medium grain	1 lb 14 oz	1 qt ¼ cup	3 lb 12 oz	2 qt ½ cup	
*Cooked chicken or turkey, chopped	1 lb 9 ½ oz	1 qt 1 cup	3 lb 3 oz	2 qt 2 cups	

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items		
Food as Purchased for	50 Servings	100 Servings
Celery	1 lb 13 oz	3 lb 10 oz
Carrots	15 oz	1 lb 14 oz
Mature onions	1 lb	2 lb

Chicken or Turkey Rice Soup

Meat/Meat Alternate-Grains/Breads

Soups

H-02A

Chicken, whole, without neck and giblets	4 lb 7 oz	8 lb 14 oz
OR	OR	OR
Turkey, whole, without neck and giblets	3 lb 7 oz	6 lb 14 oz

SERVING:

1 cup (8 oz ladle) provides ½ oz equivalent meat /meat alternate and ½ serving of grains/breads.

YIELD:

50 Servings: about 27 lb

100 Servings: about 54 lb

VOLUME:

50 Servings: about 3 gallons 2 cups

100 Servings: about 6 gallons 1 quart

Edited 2004

Nutrients Per Serving

Calories	112	Saturated Fat	0.47 g	Iron	1.04 mg
Protein	6.70 g	Cholesterol	14 mg	Calcium	23 mg
Carbohydrate	16.79 g	Vitamin A	25 IU	Sodium	205 mg
Total Fat	1.73 g	Vitamin C	1.7 mg	Dietary Fiber	0.5 g

Cream of Vegetable Soup

Vegetable

Soups

H-03

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	1 lb	2 cups	2 lb	1 qt	1. Melt margarine or butter. Add onions and celery (optional). Cook over medium heat for 5-10 minutes.
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt 1 cup OR 2 ½ cups	
*Fresh celery, chopped (optional)	8 ½ oz	2 cups	1 lb 1 oz	1 qt	2. Blend in flour and cook over medium heat, stirring constantly until light brown, 5 minutes.
Enriched all-purpose flour	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	
Instant nonfat dry milk, reconstituted, hot		2 qt		1 gal	3. Slowly stir in milk, stock, pepper, basil (optional), parsley (optional), and granulated garlic. Blend well and bring to boil. Reduce heat. Simmer, uncovered, stirring frequently until slightly thickened, 10-15 minutes.
Chicken stock, non-MSG		2 gal 1 qt		4 gal 2 qt	
Ground black or white pepper		1 tsp		2 tsp	4. Add vegetables. Cook over medium heat until heated through, 5-10 minutes.
Dried basil (optional)		1 Tbsp		2 Tbsp	
Dried parsley (optional)		¼ cup		½ cup	CCP: Heat to 165° F or higher for at least 15 seconds.
Granulated garlic		1 Tbsp		2 Tbsp	
Canned mixed vegetables, drained	5 lb	2 qt 3 ¼ cups (1 ¼ No. 10 cans)	10 lb	1 gal 2 ½ qt (2 ½ No. 10 cans)	5. Pour 9 lb 2 oz (1 gal ¾ cup) into a medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
					6. CCP: Hold for hot service at 135° F or higher.
					Portion with 8 oz ladle (1 cup).

Cream of Vegetable Soup

Vegetable

Soups

H-03

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb	2 lb
Celery	11 oz	1 lb 6 oz

SERVING:

1 cup (8 oz ladle) provides ¼ cup of vegetable.

YIELD:

50 Servings: about 27 lb 6 oz

100 Servings: about 54 lb 12 oz

VOLUME:

50 Servings: about 3 gallons 2 cups

100 Servings: about 6 gallons 1 quart

Edited 2004

Nutrients Per Serving

Calories	148	Saturated Fat	1.61 g	Iron	0.96 mg
Protein	4.45 g	Cholesterol	1 mg	Calcium	77 mg
Carbohydrate	15.43 g	Vitamin A	5608 IU	Sodium	281 mg
Total Fat	7.83 g	Vitamin C	3.7 mg	Dietary Fiber	1.7 g

Vegetable Soup

Vegetable

Soups

H-04

Ingredients	50 Servings		100 Servings		Directions	
	Weight	Measure	Weight	Measure		
Chicken or beef stock, non-MSG		2 gal		4 gal	1. Combine stock, tomatoes, celery, onions, pepper, parsley, and granulated garlic. Bring to boil.	
Canned diced tomatoes, with juice	6 lb 6 oz	3 qt ½ cup (1 No. 10 can)	12 lb 12 oz	1 gal 2 ¼ qt (2 No. 10 cans)		
*Fresh celery, chopped	10 oz	2 ½ cups	1 lb 4 oz	1 qt 1 cup		
*Fresh onions, chopped OR Dehydrated onions	1 lb OR 3 oz	2 ¾ cups OR 1 ½ cups	2 lb OR 6 oz	1 qt 1 ⅓ cups OR 3 cups		
Ground black or white pepper		1 tsp		2 tsp		
Dried parsley		¼ cup		½ cup		
Granulated garlic		2 Tbsp		¼ cup		
						2. Reduce heat and cover. Simmer for 20 minutes.
Canned liquid pack whole-kernel corn, drained OR Frozen whole-kernel corn	1 lb 2 ½ oz OR 1 lb 2 oz	2 ¾ cups (¼ No. 10 can) OR 3 cups 2 Tbsp	2 lb 5 oz OR 2 lb 4 oz	1 qt 1 ½ cups (½ No. 10 can) OR 1 qt 2 ¼ cups		3. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
Canned diced carrots, drained OR Frozen sliced carrots	1 lb 2 oz OR 1 lb 6 oz	2 ½ cups (¼ No. 10 can) OR 1 qt ¾ cup	2 lb 4 oz OR 2 lb 12 oz	1 qt 1 cup (½ No. 10 can) OR 2 qt 1 ½ cups		
Canned cut green beans, drained OR Frozen cut green beans	15 oz OR 15 oz	3 ½ cups (¼ No. 10 can) OR 3 ½ cups	1 lb 14 oz OR 1 lb 14 oz	1 qt 3 cups (½ No. 10 can) OR 1 qt 3 cups		
Canned green peas, drained OR Frozen green peas	1 lb 1 ½ oz OR 1 lb 4 oz	2 ½ cups (¼ No. 10 can) OR 1 qt	2 lb 3 oz OR 2 lb 8 oz	1 qt 1 cup (½ No. 10 can) OR 2 qt		
					4. Cover and simmer for 15 minutes, or until vegetables are tender.	
					CCP: Heat to 165° F or higher for at least 15 seconds.	
					5. Pour 9 lb 1 ¼ oz (1 gal ⅔ cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.	

Vegetable Soup

Vegetable

Soups

H-04

6. CCP: Hold for hot service at 135° F or higher.

Portion with 8 oz ladle (1 cup).

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Celery	12 oz	1 lb 8 oz
Mature onions	1 lb 3 oz	2 lb 6 oz

SERVING:

1 cup (8 oz ladle) provides ½ cup of vegetable.

YIELD:

50 Servings: about 27 lb 4 oz

VOLUME:

50 Servings: about 3 gallons 2 cups

100 Servings: about 54 lb 8 oz

100 Servings: about 6 gallons 1 quart

Tested 2004

Nutrients Per Serving

Calories	58	Saturated Fat	0.12 g	Iron	1.08 mg
Protein	3.24 g	Cholesterol	1 mg	Calcium	29 mg
Carbohydrate	11.52 g	Vitamin A	1906 IU	Sodium	369 mg
Total Fat	0.63 g	Vitamin C	13.3 mg	Dietary Fiber	1.8 g

Beef Vegetable Soup

Meat/Meat Alternate-Vegetable

Soups

H-04A

Ingredients	50 Servings		100 Servings		Directions	
	Weight	Measure	Weight	Measure		
Raw ground beef (no more than 20% fat) OR Canned beef with natural juices, undrained	2 lb 2 ½ oz OR 3 lb 3 oz	 1 ¾ No. 2 1/2 cans	4 lb 5 oz OR 6 lb 6 oz	 3 ½ No. 2 ½ cans	1. Brown ground beef. Drain. Continue immediately.	
Beef stock, non-MSG		1 gal 3 ½ qt		3 gal 3 qt		
Canned diced tomatoes, with juice	6 lb 6 oz	3 qt ½ cup (1 No. 10 can)	12 lb 12 oz	1 gal 2 ¼ qt (2 No. 10 cans)	2. Combine stock, cooked ground beef or canned beef, tomatoes, celery, onions, pepper, parsley, and granulated garlic. Bring to boil.	
*Fresh celery, chopped	10 oz	2 ½ cups	1 lb 4 oz	1 qt 1 cup		
*Fresh onions, chopped OR Dehydrated onions	1 lb OR 3 oz	2 ¾ cups OR 1 ½ cups	2 lb OR 6 oz	1 qt 1 ⅓ cups OR 3 cups		
Ground black or white pepper		1 tsp		2 tsp		
Dried parsley		¼ cup		½ cup		
Granulated garlic		2 Tbsp		¼ cup		
						3. Reduce heat and cover. Simmer for 20 minutes.
Canned liquid pack whole-kernel corn, drained OR Frozen whole-kernel corn	1 lb 2 ½ oz OR 1 lb 1 ½ oz	2 ¾ cups (¼ No. 10 can) OR 3 ¼ cups	2 lb 5 oz OR 2 lb 3 oz	1 qt 1 ½ cups (½ No. 10 can) OR 1 qt 2 ½ cups		4. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
Canned diced carrots, drained OR Frozen sliced carrots	1 lb 2 oz OR 1 lb 6 oz	2 ½ cups (¼ No. 10 can) OR 1 qt 1 cup	2 lb 4 oz OR 2 lb 12 oz	1 qt 1 cup (½ No. 10 can) OR 2 qt 2 cups		
Canned cut green beans, drained OR Frozen cut green beans	15 oz OR 15 oz	3 ½ cups (¼ No. 10 can) OR 3 ½ cups	1 lb 14 oz OR 1 lb 14 oz	1 qt 3 cups (½ No. 10 can) OR 1 qt 3 cups		
Canned green peas, drained OR Frozen green peas	1 lb 1 ½ oz OR 1 lb 4 oz	2 ½ cups (¼ No. 10 can) OR 1 qt	2 lb 3 oz OR 2 lb 8 oz	1 qt 1 cup (½ No. 10 can) OR 2 qt		

Beef Vegetable Soup

Meat/Meat Alternate-Vegetable

Soups

H-04A

	<p>5. Cover and simmer for 15 minutes, or until vegetables are tender.</p> <p>CCP: Heat to 165° F or higher for at least 15 seconds.</p>
	<p>6. Pour 9 lb 1 ¼ oz (1 gal ⅔ cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.</p>
	<p>7. CCP: Hold for hot service at 135° F or higher.</p> <p>Portion with 8 oz ladle (1 cup).</p>

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Celery	12 oz	1 lb 8 oz
Mature onions	1 lb 3 oz	2 lb 6 oz

SERVING:	YIELD:	VOLUME:
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1 cup (8 oz ladle) provides ½ oz equivalent meat/meat alternate and ½ cup of vegetable.

50 Servings: about 27 lb 4 oz

50 Servings: about 3 gallons 2 cups

100 Servings: about 54 lb 8 oz

100 Servings: about 6 gallons 1 quart

Tested 2004

Beef Vegetable Soup

Meat/Meat Alternate-Vegetable

Soups

H-04A

Nutrients Per Serving

Calories	86	Saturated Fat	1.29 g	Iron	1.28 mg
Protein	6.09 g	Cholesterol	14 mg	Calcium	39 mg
Carbohydrate	8.97 g	Vitamin A	1918 IU	Sodium	282 mg
Total Fat	3.21 g	Vitamin C	11.5 mg	Dietary Fiber	1.8 g

Chicken or Turkey Vegetable Soup

Meat/Meat Alternate-Vegetable

Soups

H-04B

Ingredients	50 Servings		100 Servings		Directions	
	Weight	Measure	Weight	Measure		
Chicken stock, non-MSG		1 gal 3 ½ qt		3 gal 3 qt	1. Combine stock, chicken or turkey, tomatoes, celery, onions, pepper, parsley, and granulated garlic. Bring to boil.	
*Cooked chicken or turkey, chopped	1 lb 9 ½ oz	1 qt 1 cup	3 lb 3 oz	2 qt 2 cups		
Canned diced tomatoes, with juice	6 lb 6 oz	3 qt ½ cup (1 No. 10 can)	12 lb 12 oz	1 gal 2 ¼ qt (2 No. 10 cans)		
*Fresh celery, chopped	10 oz	2 ½ cups	1 lb 4 oz	1 qt 1 cup		
*Fresh onions, chopped OR Dehydrated onions	1 lb OR 3 oz	2 ¾ cups OR 1 ½ cups	2 lb OR 6 oz	1 qt 1 ⅓ cups OR 3 cups		
Ground black or white pepper		1 tsp		2 tsp		
Dried parsley		¼ cup		½ cup		
Granulated garlic		2 Tbsp		¼ cup		
						2. Reduce heat and cover. Simmer for 20 minutes.
Canned liquid pack whole-kernel corn, drained OR Frozen whole-kernel corn	1 lb 2 ½ oz OR 1 lb 1 ½ oz	2 ¾ cups (¼ No. 10 can) OR 3 ¼ cups	2 lb 5 oz OR 2 lb 3 oz	1 qt 1 ½ cups (½ No. 10 can) OR 1 qt 2 ½ cups		3. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables).
Canned diced carrots, drained OR Frozen sliced carrots	1 lb 2 oz OR 1 lb 6 oz	2 ½ cups (¼ No. 10 can) OR 1 qt 1 cup	2 lb 4 oz OR 2 lb 12 oz	1 qt 1 cup (½ No. 10 can) OR 2 qt 2 cups		
Canned cut green beans, drained OR Frozen cut green beans	15 oz OR 15 oz	3 ½ cups (¼ No. 10 can) OR 3 ½ cups	1 lb 14 oz OR 1 lb 14 oz	1 qt 3 cups (½ No. 10 can) OR 1 qt 3 cups		
Canned green peas, drained OR Frozen green peas	1 lb 1 ½ oz OR 1 lb 4 oz	2 ½ cups (¼ No. 10 can) OR 1 qt	2 lb 3 oz OR 2 lb 8 oz	1 qt 1 cup (½ No. 10 can) OR 2 qt		
					4. Cover and simmer for 15 minutes, or until vegetables are tender.	
					CCP: Heat to 165° F or higher for at least 15 seconds.	

Chicken or Turkey Vegetable Soup

Meat/Meat Alternate-Vegetable

Soups

H-04B

	5. Pour 9 lb 1 ¼ oz (1 gal ⅔ cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
	6. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Chicken, whole, without neck and giblets OR	4 lb 7 oz OR	8 lb 14 oz OR
Turkey, whole, without neck and giblets	3 lb 7 oz	6 lb 14 oz
Celery	12 oz	1 lb 8 oz
Mature onions	1 lb 3 oz	2 lb 6 oz

SERVING:

1 cup (8 oz ladle) provides ½ oz equivalent meat/meat alternate and ½ cup of vegetable.

YIELD:

50 Servings: about 27 lb 4 oz

100 Servings: about 54 lb 8 oz

VOLUME:

50 Servings: about 3 gallons 2 cups

100 Servings: about 6 gallons 1 quart

Tested 2004

Chicken or Turkey Vegetable Soup

Meat/Meat Alternate-Vegetable

Soups

H-04B

Nutrients Per Serving

Calories	72	Saturated Fat	0.41 g	Iron	1.00 mg
Protein	6.39 g	Cholesterol	13 mg	Calcium	39 mg
Carbohydrate	9.01 g	Vitamin A	1911 IU	Sodium	281 mg
Total Fat	1.62 g	Vitamin C	11.8 mg	Dietary Fiber	1.8 g

Thick Vegetable Soup

Meat/Meat Alternate-Vegetable-Grains/Breads

Soups

H-05

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable stock, non-MSG		2 gal		4 gal	1. Heat vegetable stock to a boil.
Dry lentils	14 oz	2 cups 2 Tbsp	1 lb 12 oz	1 qt ¼ cup	2. Add lentils and barley. Reduce heat and simmer for 20 minutes.
Dry barley	1 lb 4 oz	2 ¾ cups	2 lb 8 oz	1 qt 1 ½ cups	
*Fresh onions, diced finely OR Dehydrated onions	1 lb OR 3 oz	2 ¾ cups OR 1 ½ cups	2 lb OR 6 oz	1 qt 1 ½ cups OR 3 cups	3. Add onions, carrots, celery, potatoes, tomato paste, pepper, and water. Simmer covered, for 25 minutes over low heat.
*Fresh carrots, diced 1/2"	2 lb	1 qt 3 ¾ cups	4 lb	3 qt 3 ½ cups	
*Fresh celery, diced 1/2"	8 oz	2 cups	1 lb	1 qt	
*Fresh white potatoes, peeled, cubed	8 oz	1 ½ cups	1 lb	3 cups	
Canned tomato paste	1 lb 2 ½ oz	2 cups	2 lb 5 oz	1 qt (⅓ No. 10 can)	
Ground black or white pepper		1 tsp		2 tsp	
Water		1 qt		2 qt	
Canned pinto beans, drained OR *Dry pinto beans, cooked (see Special Tips)	5 lb 9 ½ oz OR 5 lb 9 ½ oz	3 qt ½ cup (1 ½ No. 10 cans) OR 2 qt 2 ½ cups	11 lb 3 oz OR 11 lb 3 oz	1 gal 2 ¼ qt (2 ¾ No. 10 cans) OR 1 gal 1 ¼ qt	4. Add pinto beans, corn, green beans, cabbage (optional). Simmer covered, for 15 minutes over medium heat. CCP: Heat to 165° F or higher for at least 15 seconds.
Frozen whole-kernel corn	1 lb	2 ¾ cups	2 lb	1 qt 1 ½ cups	
Frozen cut green beans	1 lb	1 ¾ cups 2 Tbsp	2 lb	3 ¾ cups	
*Fresh cabbage, shredded (optional)	1 lb	1 qt ¾ cup	2 lb	2 qt 1 ½ cups	
Water		1 qt		2 qt	
					5. Pour 9 lb 9 ½ oz (1 gal ⅓ cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
					6. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Thick Vegetable Soup

Meat/Meat Alternate-Vegetable-Grains/Breads

Soups

H-05

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servinas
Mature onions	1 lb 3 oz	2 lb 6 oz
Carrots	2 lb 7 oz	4 lb 14 oz
Celery	10 oz	1 lb 4 oz
Potatoes	10 oz	1 lb 4 oz
Dry pinto beans	2 lb 7 oz	4 lb 14 oz
Cabbage	1 lb 3 oz	2 lb 6 oz

SERVING:

1 cup (8 oz ladle) provides 1 oz equivalent meat/meat alternate, ½ cup of vegetable, and ½ serving of grains/breads.

YIELD:

50 Servings: about 28 lb 13 oz

100 Servings: about 57 lb 10 oz

VOLUME:

50 Servings: about 3 gallons 2 cups

100 Servings: about 6 gallons 1 quart

Tested 2004

Special Tips:

1) Garnish with Parmesan cheese.

2) SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Thick Vegetable Soup

Meat/Meat Alternate-Vegetable-Grains/Breads

Soups

H-05

CCP: Hold for hot service at 135° F.

OR

Chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 ³/₈ cups dry or 5 ¹/₄ cups cooked pinto beans.

Nutrients Per Serving					
Calories	168	Saturated Fat	0.16 g	Iron	2.58 mg
Protein	7.51 g	Cholesterol	0 mg	Calcium	66 mg
Carbohydrate	34.71 g	Vitamin A	5321 IU	Sodium	275 mg
Total Fat	0.85 g	Vitamin C	15.2 mg	Dietary Fiber	8.3 g

Cream of Chicken Soup

Meat/Meat Alternate

Soups

H-06

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	12 oz	1 ½ cups	1 lb 8 oz	3 cups	1. Melt margarine or butter in steam-jacketed kettle. Whisk in flour and cook mixture for 5 minutes. Do not brown.
Enriched all-purpose flour	12 oz	2 ¾ cups	1 lb 8 oz	1 qt 1 ½ cups	
Chicken stock, non-MSG, hot		2 qt 2 cups		1 gal 1 qt	2. Slowly add chicken stock while continuously whisking. Simmer until smooth and thickened, not above 180° F.
Lowfat 1% milk OR Instant nonfat dry milk, reconstituted		2 gal 1 qt		4 gal 2 qt	
*Cooked chicken, diced (see Special Tip)	3 lb 2 oz	2 qt 2 cups	6 lb 4 oz	1 gal 1 qt	4. Slowly add hot milk, chicken, pepper and salt (optional). Simmer for 15-20 minutes, not above 180° F, to prevent curdling. CCP: Heat to 165° F or higher for at least 15 seconds.
Ground black or white pepper		2 tsp		1 Tbsp 1 tsp	
Salt (optional)		1 tsp		2 tsp	5. Pour 8 lb 10 ½ oz (1 gal ¾ cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans. 6. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Chicken, whole, without neck and giblets	8 lb 11 oz	17 lb 6 oz
OR	OR	OR
Turkey, whole, without neck and giblets	6 lb 11 oz	13 lb 6 oz

Cream of Chicken Soup

Meat/Meat Alternate

Soups

H-06

SERVING:

1 cup (8 oz ladle) provides 1 oz equivalent meat/meat alternate.

YIELD:

50 Servings: about 26 lb

100 Servings: about 52 lb

VOLUME:

50 Servings: about 3 gallons 2 cups

100 Servings: about 6 gallons 1 quart

Edited 2004

Special Tip:

*Cooked turkey can be substituted for chicken.

Nutrients Per Serving

Calories	204	Saturated Fat	2.89 g	Iron	0.78 mg
Protein	14.87 g	Cholesterol	33 mg	Calcium	225 mg
Carbohydrate	13.97 g	Vitamin A	619 IU	Sodium	201 mg
Total Fat	9.64 g	Vitamin C	1.9 mg	Dietary Fiber	0.2 g

Minestrone

Meat/Meat Alternate-Vegetable-Grains/Breads

Soups

H-07

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 cup		2 cups	1. Pour water into steam-jacketed kettle. Add onions, carrots, cabbage, celery, and zucchini (optional). Simmer for 15 minutes until tender.
*Fresh onions, diced OR Dehydrated onions	9 oz OR 1 oz	1 ½ cups OR ½ cup	1 lb 2 oz OR 2 oz	3 cups OR 1 cup	
*Fresh carrots, diced	1 lb 6 oz	1 qt 1 ¼ cups	2 lb 12 oz	2 qt 2 ½ cups	2. Add beef stock, tomato paste, pepper, oregano, parsley, garlic, salt, and marjoram (optional). Simmer, uncovered, for 30 minutes.
*Fresh cabbage, minced	6 oz	2 cups 2 Tbsp	12 oz	1 qt ¼ cup	
*Fresh celery, chopped	8 oz	2 cups	1 lb	1 qt	
*Fresh zucchini, chopped (optional)	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups	
Beef stock, non-MSG		2 gal 1 ½ qt		4 gal 3 qt	
Canned tomato paste	1 lb	1 ¾ cups	2 lb	3 ½ cups	
Ground black or white pepper		1 tsp		2 tsp	
Dried oregano		¼ tsp		½ tsp	
Dried parsley		½ tsp		1 tsp	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Salt		1 tsp		2 tsp	
Dried marjoram (optional)		⅛ tsp		¼ tsp	
Canned Great Northern beans, drained OR *Cooked dry Navy or pea beans (see Special Tips)	4 lb 4 ½ oz OR 4 lb 4 ½ oz	2 qt ¼ cup (1 No. 10 can) OR 2 qt 2 Tbsp	8 lb 9 oz OR 8 lb 9 oz	1 gal ½ cup (2 No. 10 cans) OR 1 gal ¼ cup	
Enriched elbow macaroni	11 oz	2 ½ cups	1 lb 6 oz	1 qt 1 cup	4. Pour 10 lb 5 ¼ oz (1 gal ¾ cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans. 5. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Minestrone

Meat/Meat Alternate-Vegetable-Grains/Breads

Soups

H-07

Comments:
*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servinas
Mature onions	11 oz	1 lb 6 oz
Carrots	1 lb 11 oz	3 lb 6 oz
Cabbage	7 oz	14 oz
Celery	10 oz	1 lb 4 oz
Zucchini	9 oz	1 lb 2 oz
Dry navy or pea beans	1 lb 6 oz	2 lb 12 oz

SERVING:

1 cup (8 oz ladle) provides ½ oz equivalent meat/meat alternate, ¼ cup of vegetable, and ¼ serving of grains/breads.

YIELD:

50 Servings: about 31 lb

100 Servings: about 62 lb

VOLUME:

50 Servings: about 3 gallons 2 cups

100 Servings: about 6 gallons 1 quart

Tested 2004

Special Tips:

1) Garnish with Parmesan cheese

2) SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-soak method: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Minestrone

Meat/Meat Alternate-Vegetable-Grains/Breads

Soups

H-07

CCP: Hold for hot service at 135° F.

OR

Chill for later use. If chilling:

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry Navy or pea beans = about 2 ¼ cups dry or 5 ⅞ cups cooked Navy or pea beans.

Nutrients Per Serving					
Calories	96	Saturated Fat	0.28 g	Iron	2.00 mg
Protein	5.84 g	Cholesterol	1 mg	Calcium	55 mg
Carbohydrate	18.13 g	Vitamin A	3042 IU	Sodium	201 mg
Total Fat	0.89 g	Vitamin C	6.6 mg	Dietary Fiber	3.0 g