

Potato, Corn, & Cauliflower Soup

Recipe Component:

Recipe Category

New Cuisine Modified

	50 Servings		____ Servings		
Ingredients	Weight	Measure	Weight	Measure	Directions
*Red potatoes, raw	7 lb 8 oz				<p><i>Thoroughly rinse produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> Trim and cut potatoes into age appropriate sized pieces. Place in a large bowl and cover with cold water. Trim, peel and dice onions to ¼ inch; trim, peel and finely chop garlic. For fresh whole cauliflower, trim into florets. Cook the onions, oil and one-half of the amount of salt in a stockpot over low heat, stirring occasionally until the onions are very soft, about 20 minutes. Add cauliflower, corn, garlic and sage (or thyme), stir to coat. Cook, stirring occasionally, for 10 minutes. Drain the potatoes and add to the pot with the water, reduced sodium vegetable stock, and remaining salt. Omit remaining salt if low sodium vegetable stock is not available. Bring to a boil and cook, stirring occasionally, until the potatoes are fork tender, about 40 minutes. Stir in milk and pepper. Bring to a simmer and then reduce heat. <i>Internal temperature taken at the center of the thickest part of the food must reach 165°F for 15 seconds.</i> <p><i>Hot foods must be held under temperature control at 135°F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135°F</i></p>
Onions, raw, diced ¼"		3 medium			
Garlic, fresh, minced (adjust as needed)		3 cloves			
Olive oil		¾ cup			
Salt (divided)		2 Tbsp			
*Cauliflower, chopped		1 qt			
Corn kernels, fresh or frozen (If serving children under 18 months, see important information in notes section)		1qt			
Thyme or sage, fresh, chopped OR Thyme or sage, dried		¼ cup OR 1 ½ tsp			
Water		1 cup			
Vegetable or chicken stock, low sodium		2 qts			
Milk, low fat		2 cups			
White or black pepper		1 tsp			

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Notes: If serving children under 18 months, corn should be pureed, or use Shoepeg corn, or omit and replace with equal amount of potato.

Nutrient information calculated using Food Processor.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Cauliflower, whole trimmed	2 lb 1 oz	4 lb 2 oz

Serving: 1 cup provides ½ cup of vegetables	Yield:	Volume:
1-2 years: ¼ cup	50 Servings:	50 Servings:
3-5 years: ½ cup		
6-18 years: 1 cup	100 Servings:	100 Servings:

Nutrients Per Serving

Calories	98.47	Saturated Fat	0.54 g	Iron	0.47 mg
Protein	2.25 g	Cholesterol	0.49 mg	Calcium	23.17 mg
Carbohydrate	14.99 g	Vitamin A	6.03 RAE mcg	Sodium	319.98 mg
Total Fat	3.56 g	Vitamin C	11.31 mg	Dietary Fiber (2016)	2.22 g