

Vegetable Soup

Vegetable

Soup

H-11

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Low sodium chicken or beef broth, non MSG		1 gal 2 ½ cups			<p>1. In a heavy pot, combine broth, tomato paste, celery, onions, pepper, parsley, and granulated garlic. Bring to boil. Reduce heat and cover. Simmer for 20 minutes</p> <p>2. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)</p> <p>3. Cover and simmer for 15 minutes, or until vegetables are tender.</p> <p>4. CCP: Heat to 165° F or above for at least 15 seconds.</p> <p>5. CCP: Hold for hot service at 135° F or above.</p>
Low sodium canned tomato paste	12 oz	1 ¼ cups (1 12 oz can)			
*Fresh celery, chopped	8 oz	1 ½ cups 1 Tbsp			
*Fresh onions, chopped OR Dehydrated onions	8 oz	1 ⅓ cups OR ¾ cup			
Ground black or white pepper		½ tsp			
Dried parsley		2 Tbsp			
Granulated garlic (adjust as needed)		1 Tbsp			
Low sodium canned liquid pack whole kernel corn, drained OR Frozen whole-kernel corn	9 oz OR 8 oz	1 ⅜ cups (1 No. 300 can) OR 1 ⅜ cup			
Low sodium canned diced carrots, drained OR Frozen diced carrots	9 oz OR 8 oz	1 ⅓ cups (1 No. 300 can) OR ¾ cup			
Low sodium canned cut green beans, drained OR Frozen cut green beans	7 ½ oz OR 7 ½ oz	1 ⅜ cups (1 No. 300 can) OR ¾ cup 2 Tbsp			
Low sodium canned green peas, drained OR	9 oz OR	1 ½ cups (1 ⅓ No. 300 cans) OR			

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Frozen green peas	10 oz	1 ½ cup			
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Notes:

Nutrient information calculated using Food Processor

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Celery	10 oz	
Mature onions	10 oz	

Serving: ½ cup (4 oz ladle) provides ¼ cup of vegetable

1-2 years: ¼ cup
 3-5 years: ½ cup
 6-18 years: 1 cup

Yield:

50 Servings: about 27 lb 4 oz
100 Servings:

Volume:

50 Servings: about 3 gallons 2 cups
100 Servings:

Nutrients Per Serving

Calories	24.32	Saturated Fat	0.03 g	Iron	0.41 mg
Protein	1.34 g	Cholesterol	0 mg	Calcium	11.09 mg
Carbohydrate	4.79 g	Vitamin A	45.94 RAE mcg	Sodium	69.48 mg
Total Fat	0.14 g	Vitamin C	4.02 mg	Dietary Fiber (2016)	1.07 g