

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 ⅓ No. 10 cans) OR 2 qt 2 ½ cups	11 lb 3 oz OR 11 lb 3 oz	1 gal 2 ¼ qt (2 ⅔ 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 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).

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Comments:

*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
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.

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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 ⅔ cups dry or 5 ¼ 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