

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	3. While soup is cooking, heat the milk.
*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

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SERVING:	YIELD:	VOLUME:
1 cup (8 oz ladle) provides 1 oz equivalent meat/meat alternate.	50 Servings: about 26 lb	50 Servings: about 3 gallons 2 cups
	100 Servings: about 52 lb	100 Servings: about 6 gallons 1 quart

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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