

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	2. Reduce heat and cover. Simmer for 20 minutes.
*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 ½ cups OR 3 cups	
Ground black or white pepper		1 tsp		2 tsp	3. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
Dried parsley		¼ cup		½ cup	
Granulated garlic		2 Tbsp		¼ cup	4. Cover and simmer for 15 minutes, or until vegetables are tender. CCP: Heat to 165° F or higher for at least 15 seconds.
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	
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	5. Pour 9 lb 1 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.
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	

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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