

Chicken or Turkey Rice Soup

Meat/Meat Alternate-Grains/Breads

Soups

H-02A

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or turkey stock, non-MSG		3 gal 3 ½ qt		7 gal 3 qt	1. Combine stock, celery, carrots (optional), onions, parsley (optional), pepper, and poultry seasoning.
*Fresh celery, chopped	1 lb 8 oz	1 qt 1 ¾ cups	3 lb	2 qt 3 ½ cups	
*Fresh carrots, chopped (optional)	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ¾ cup OR 2 ½ cups	
Dried parsley (optional)		¼ cup		½ cup	
Ground black or white pepper		1 tsp		2 tsp	
Poultry seasoning		1 tsp		2 tsp	
					2. Bring to boil. Reduce heat and cover. Simmer for 10 minutes.
Enriched white rice, medium grain	1 lb 14 oz	1 qt ¼ cup	3 lb 12 oz	2 qt ½ cup	3. Add rice and chicken or turkey. Return to simmer. Cover. Simmer for 20 minutes or until rice is tender. CCP: Heat to 165° F or higher for at least 15 seconds.
*Cooked chicken or turkey, chopped	1 lb 9 ½ oz	1 qt 1 cup	3 lb 3 oz	2 qt 2 cups	4. Pour 9 lb (1 gal ¾ cup) into a medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
					5. 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	1 lb 13 oz	3 lb 10 oz
Carrots	15 oz	1 lb 14 oz
Mature onions	1 lb	2 lb

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Chicken, whole, without neck and giblets	4 lb 7 oz	8 lb 14 oz
OR	OR	OR
Turkey, whole, without neck and giblets	3 lb 7 oz	6 lb 14 oz

SERVING:

1 cup (8 oz ladle) provides ½ oz equivalent meat /meat alternate and ½ serving of grains/breads.

YIELD:

50 Servings: about 27 lb

100 Servings: about 54 lb

VOLUME:

50 Servings: about 3 gallons 2 cups

100 Servings: about 6 gallons 1 quart

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Nutrients Per Serving

Calories	112	Saturated Fat	0.47 g	Iron	1.04 mg
Protein	6.70 g	Cholesterol	14 mg	Calcium	23 mg
Carbohydrate	16.79 g	Vitamin A	25 IU	Sodium	205 mg
Total Fat	1.73 g	Vitamin C	1.7 mg	Dietary Fiber	0.5 g