

Cream of Vegetable Soup

Vegetable

Soups

H-03

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	1 lb	2 cups	2 lb	1 qt	1. Melt margarine or butter. Add onions and celery (optional). Cook over medium heat for 5-10 minutes.
*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 1 cup OR 2 ½ cups	
*Fresh celery, chopped (optional)	8 ½ oz	2 cups	1 lb 1 oz	1 qt	
Enriched all-purpose flour	1 lb	3 ¾ cups	2 lb	1 qt 3 ½ cups	2. Blend in flour and cook over medium heat, stirring constantly until light brown, 5 minutes.
Instant nonfat dry milk, reconstituted, hot		2 qt		1 gal	3. Slowly stir in milk, stock, pepper, basil (optional), parsley (optional), and granulated garlic. Blend well and bring to boil. Reduce heat. Simmer, uncovered, stirring frequently until slightly thickened, 10-15 minutes.
Chicken stock, non-MSG		2 gal 1 qt		4 gal 2 qt	
Ground black or white pepper		1 tsp		2 tsp	
Dried basil (optional)		1 Tbsp		2 Tbsp	
Dried parsley (optional)		¼ cup		½ cup	
Granulated garlic		1 Tbsp		2 Tbsp	
Canned mixed vegetables, drained	5 lb	2 qt 3 ¼ cups (1 ¼ No. 10 cans)	10 lb	1 gal 2 ½ qt (2 ½ No. 10 cans)	4. Add vegetables. Cook over medium heat until heated through, 5-10 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
					5. Pour 9 lb 2 oz (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.
					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 Servinas
Mature onions	1 lb	2 lb
Celery	11 oz	1 lb 6 oz

SERVING:	YIELD:	VOLUME:
1 cup (8 oz ladle) provides ¼ cup of vegetable.	50 Servings: about 27 lb 6 oz	50 Servings: about 3 gallons 2 cups
	100 Servings: about 54 lb 12 oz	100 Servings: about 6 gallons 1 quart

Edited 2004

Nutrients Per Serving					
Calories	148	Saturated Fat	1.61 g	Iron	0.96 mg
Protein	4.45 g	Cholesterol	1 mg	Calcium	77 mg
Carbohydrate	15.43 g	Vitamin A	5608 IU	Sodium	281 mg
Total Fat	7.83 g	Vitamin C	3.7 mg	Dietary Fiber	1.7 g