

VEGETABLE SOUP

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. meat/meat alternate, ¼ cup red/orange vegetables, and ¼ cup other vegetables

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 cup

RECIPE HACCP PROCESS: #2 - Same day service



MEAT/MEAT ALTERNATE : VEGETABLES (RED/ORANGE) :
VEGETABLES (OTHER)

| INGREDIENT | MEASURE (FOR 100 SERVINGS) |
|--|----------------------------|
| Oil, Vegetable, #2507 | 1/2 cup |
| Peppers, Green, Diced, Frozen, #1613 | 2 cups |
| Onions, Frozen, Diced, #1610 | 2 cups |
| Tomatoes, Diced, #10 Can, #2828 | 1 #10 can |
| Beans, Pinto, Dry, Low Sodium, #10 Can, #2805 | 2 #10 cans + 9 cups |
| Corn, Yellow, Canned, Whole Kernel, #10, Low Sodium, #2809 | 1 #10 can + 1 quart |
| Vegetables, Mixed, Low Sodium, #10 Can, #2829 | 1 #10 can |
| Salsa, Bulk, #2823 | 1 quart + 1 cup |
| Sauce, Tomato, #10 Can, #2826 | 1 #10 can |
| Water, Municipal, Mississippi | 2 quarts + 1 1/2 cups |
| Salt, Table, #2723 | 1 tablespoon + 1 teaspoon |
| Pepper, Black, Ground, #2718 | 2 tablespoons |
| Garlic Powder, #2709 | 1 tablespoon |
| Spice Blend MS, Italian, No Salt, #2734 | 1 tablespoon |

DIRECTIONS

- Thaw the peppers and onions in the refrigerator. Drain them thoroughly on the day of assembly.
CCP: Hold under refrigeration (41 degrees F. or lower) until ready for assembly.
- In a braising pan, steam jacketed kettle, or large stockpot, Sauté the peppers and onions in oil for about 5 minutes or until the vegetables are tender.
- Add the tomatoes, beans, corn, mixed vegetables, salsa, tomato sauce, and water to sautéed vegetables. Bring this mixture to a boil.
- Add salt, black pepper, garlic powder, and Italian Spice Blend to the mixture. Reduce temperature to a simmer. Cover and simmer for 30 minutes.
CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process. If the manufacturer instructions on the package or case have a higher temperature, follow those recommendations.
- Pour the Vegetable Soup into deep half-size steam table pans.
Serve the soup immediately, or cover and place it in the warmer until ready for service.
CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher.

VEGETABLE SOUP

DIRECTIONS

- Portion 1 cup of with 8-ounce ladle for serving. Each portion provides 1 oz. eq. meat/meat alternate, ¼ cup red/orange vegetables, and ¼ cup other vegetables.

CCP: Hold and maintain the product at a minimum temperature of 135 degrees F or higher. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 2 hours to 70 degrees F or lower and from 70 to 41 degrees F or lower within an additional 4 hours.

PRODUCTION NOTES

Use commodity products when available.

"Culinary Techniques for Healthy School Meals: Preparing Dry Beans and Peas" provides excellent seasoning ideas for vegetables.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase of different varieties of vegetables (for example fresh, frozen, or canned).

If using dried beans, they may be covered with cold water and soaked overnight, drained then cooked.

MISCELLANEOUS NOTES

The pinto beans in this recipe are created as a meat/meat alternate. Pinto beans must be counted as either a meat/meat alternate or a vegetable and cannot be counted as meeting both components in the same meal.

NUTRIENTS PER SERVING

| | | | | | | | |
|---------------|---------|---------------|--------|-----------|-----------|-----------|--------|
| Calories | 128 | Dietary Fiber | 6.13 g | Sodium | 444.00 mg | Sat. Fat | 0.27 g |
| Carbohydrates | 22.02 g | Protein | 5.77 g | Total Fat | 2.39 g | Trans Fat | 0.00 g |