

CHICKEN NOODLE SOUP (ENRICHED)

MEAL COMPONENT CONTRIBUTION:

1 oz. eq. meat/meat alternate, ½ oz. eq. enriched grain

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

RECIPE HACCP PROCESS: #2 - Same day service


MEAT/MEAT ALTERNATE : ENRICHED GRAIN

| INGREDIENT | MEASURE (FOR 100 SERVINGS) |
|------------------------------------|----------------------------|
| Water, Municipal, Mississippi | 3 gallons |
| Base, Chicken, Low Sodium, #2501 | 1 cup + 3 1/4 ounces |
| Celery, Fresh, Diced, #4005 | 2 quarts + 3 1/2 cups |
| Carrots, Raw, Mini, Peeled, #4002 | 1 quart + 3/4 cup, diced |
| Onions, Chopped, Dehydrated, #2738 | 2 cups |
| Parsley, Dried, Chopped, #2717 | 1/2 cup |
| Pepper, Black, Ground, #2718 | 2 teaspoons |
| Poultry Seasoning, #2721 | 2 tablespoons |
| Pasta, Egg Noodle, Medium, #2131 | 2 pounds + 8 ounces |
| Chicken, Diced, Cooked, IQF, #1019 | 6 pounds + 12 ounces |

DIRECTIONS

1. Thaw the chicken in the refrigerator overnight. Drain the chicken, if needed, on the day of assembly.
2. Bring the water to a boil. Stir the chicken stock into the boiling water until the chicken stock dissolves.
3. Chop the mini carrots into ¼-inch pieces.
4. Combine the stock the celery, carrots, onions, parsley flakes, pepper, and poultry seasoning in a steam jacketed kettle, braising pan, or stock pot.
Bring the mixture to a boil. Reduce the heat and cover. Simmer the stock for 20 minutes, or until the vegetables are tender.
CCP: Heat to 135 degrees F or higher for at least 15 seconds at the completion of the cooking process.
5. Add the noodles and diced chicken. Return the soup to a simmer.
Cover the soup and simmer it for 10 minutes, or until noodles are tender.
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.
6. Transfer the Chicken Noodle Soup to steamtable pans and hold it in warmer until ready for service.
CCP: Cover and hold for service at 135 degrees F or higher.
7. Portion the Chicken Noodle Soup with an 8-ounce ladle in a soup bowl. Each portion provides 1 oz. eq. meat/meat alternate and ½ oz. eq. enriched grain.
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.

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PRODUCTION NOTES

Use USDA Foods products when available.

Refer to USDA FNS Food Buying Guide for School Meal Programs for quantities to purchase if different ingredients are used.

If changes are made in ingredients, check crediting information and re-calculate the nutrition analysis.

"Culinary Techniques for Healthy School Meals" provides seasoning and serving ideas for soups.

SERVING NOTES

Menu planners may choose to serve Chicken Noodle Soup with any of the following sandwiches: Grilled Cheese Sandwich, Pimento Cheese Sandwich, Peanut Butter and Jelly Sandwich, or Sunbutter and Jelly Sandwich. One cup of soup and 1 sandwich provides 2 oz eq. meat/meat alternate and 2½ oz. eq. whole grains (Sun Butter and Jelly Sandwich (WGR) and Chicken Noodle Soup Combo provides 2 oz. eq. meat/meat alternate and 2 oz. eq. whole grains). To obtain an accurate nutrient analysis, combine the nutrient information on this recipe card and the nutrient information from the sandwich of choice or create a new recipe in your nutrient analysis software.

MISCELLANEOUS NOTES

Chicken Rice Soup- Follow steps 1 and 2. In step 3, omit noodles and add 2 pounds 13 ounces (1 quart + 2½ cups) rice (for 100 servings). Simmer for 40 minutes. Continue with step 4.

Turkey and Rice Soup - Substitute turkey for diced chicken. Use the USDA FNS Food Buying Guide for School Meal Programs to determine the amount of turkey to use.

The nutrient analysis must be recalculated for alternate soup recipes.

NUTRIENTS PER SERVING

| | | | | | | | |
|---------------|---------|---------------|---------|-----------|-----------|-----------|--------|
| Calories | 106 | Dietary Fiber | 0.92 g | Sodium | 111.00 mg | Sat. Fat | 0.65 g |
| Carbohydrates | 10.79 g | Protein | 11.76 g | Total Fat | 1.98 g | Trans Fat | 0.00 g |

ILLUSTRATED PRESENTATION OF CHICKEN NOODLE SOUP (ENRICHED)

1.



Stirring soup while it simmers

2.



1 serving of Chicken Noodle Soup