CHICKEN NOODLE SOUP

MEAL COMPONENT CONTRIBUTION:
1 oz. eq. meat/meat alternate, 1/2 oz. eq. whole grain

NUMBER OF PORTIONS: 100 SIZE OF PORTION: 1 cup

RECIPE HACCP PROCESS: #2 - Same day service

INGREDIENT | MEASURE (FOR 100 SERVINGS)
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Water, Boiling, Municipal | 6 gallons
Base, Chicken, Low Sodium, #2501 | 1 pounds + 3 1/4 ounces
Celery, Fresh, Diced, #4005 | 2 quarts + 3 1/2 cups
Carrots, Raw, Mini, Peeled, #4002 | 1 quarts + 3/4 cups, diced
Onions, Chopped, Dehydrated, #2738 | 2 cups
Parsley, Dried, Chopped, #2717 | 1/2 cups
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. Bring water to a boil. Stir chicken stock into boiling water until the chicken stock dissolves.
3. Add noodles and chicken. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender. Heat to 165 degrees F or higher for 15 seconds at the completion of the cooking process.
4. Portion with 8 ounce ladle for 1 cup serving. Each portion provides 1 oz. eq. meat/meat alternate and 1/2 oz. eq. whole grain.

CCP: Hold and maintain product at a minimum temperature of 135 degrees F. Check temperature every 30 minutes. Leftovers should be covered, labeled, and dated. Quick chill within 6 hours to 41 degrees F or lower.

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
May serve with any of the following sandwiches: Grilled Cheese Sandwich, Pimento Cheese Sandwich, Peanut Butter and Jelly Sandwich, or Uncrustable. One cup of soup and 1 sandwich provides 2 oz eq. meat/meat alternate and 2½ oz. eq. whole grains. To obtain an accurate nutrient analysis, combine nutrient information on this recipe card and the nutrient information from the sandwich of choice.
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.

Nutrient analysis must be recalculated for alternate soup recipes.

NUTRIENTS PER SERVING
Calories 116  Dietary Fiber 1.35 g  Sodium 158.00 mg  Sat. Fat 0.73 g
Carbohydrates 11.21 g  Protein 12.24 g  Total Fat 2.51 g  Trans Fat 0.00 g

ILLUSTRATED PRESENTATION OF CHICKEN NOODLE SOUP

1. Stirring soup while it simmers

2. 1 serving of Chicken Noodle Soup