

CHEESY DIPPING BITES /VEGETABLE SOUP-MER-

MEAL COMPONENT CONTRIBUTION:

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

NUMBER OF PORTIONS: 100 **SIZE OF PORTION:** 1 cup and 2 dipping bites

RECIPE HACCP PROCESS: #2 - Same day service



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

INGREDIENT	MEASURE (FOR 100 SERVINGS)
Peppers, Green, Diced, Frozen, #1613	2 cups
Onions, Frozen, Diced, #1610	2 cups
Oil, Vegetable, #2507	1/2 cup
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, #10 Can, USDA Foods #100330	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
Bites, Dipping, #1101	200 bites

DIRECTIONS

- Thaw the peppers and onions in the refrigerator. Drain them thoroughly on the day of assembly.
CCP: Cover and refrigerate at 41 degrees F or lower.
- 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.

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USDA

DIRECTIONS

- 6. Bake the dipping sticks according to the package and/or case directions. Cover and hold the dipping sticks in the warmer until ready for service.

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.
 CCP: Cover and hold for service at 135 degrees F or higher.

- 7. Portion ½ cup of vegetable soup with 8-ounce ladle or 8 ounce spoodle and 2 dipping bites per serving. Each portion provides 2 oz. eq. meat/meat alternate, 1 oz. eq. whole grain, 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

Thaw the peppers and onions in the refrigerator. Drain them thoroughly on the day of assembly. If using dried beans, they may be covered with cold water and soaked overnight, drained then cooked.

PURCHASING GUIDE

Use USDA Foods products when available.

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).

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	284	Dietary Fiber	8.16 g	Sodium	726.00 mg	Sat. Fat	3.11 g
Carbohydrates	40.67 g	Protein	11.81 g	Total Fat	8.05 g	Trans Fat	0.00 g