

Multi-Bean Soup

Meal Components: Vegetable, Meat / Meat Alternate

Soups & Stews, H-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Dry Great Northern beans	5 oz	3/4 cup	10 oz	1 1/2 cups	<ol style="list-style-type: none"> Soak all beans in water for 20-30 minutes. Thoroughly drain and discard water. Rinse beans and drain thoroughly.
OR	OR	OR	OR	OR	
Dry Navy pea beans	5 oz	3/4 cup	10 oz	1 1/2 cups	
Dry pinto beans	2 oz	1/4 cup	4 oz	1/2 cup	
Dry kidney beans	2 oz	1/3 cup	4 oz	2/3 cup	
Water (for soaking beans)		1 qt		2 qt	
Chicken stock, non-MSG		3 qt 1 1/2 cups		1 gal 2 3/4 qt	<ol style="list-style-type: none"> In a heavy pot, combine soaked beans, chicken stock, bay leaves, thyme, and granulated garlic. Bring to a boil over medium heat. Reduce heat, cover, and simmer until the beans are tender, about 50 minutes.
Dried bay leaf		1 each		2 each	
Dried thyme		1/4 tsp		1/2 tsp	

*Fresh potatoes, 1/2" diced	8 oz	1 1/2 cups	1 lb	3 cups	3. Add potatoes, carrots, celery, and onions. Simmer, covered, until tender, about 20 minutes.
*Fresh carrots, 1/2" chopped	5 oz	1 cup 3 Tbsp	10 oz	2 1/4 cups 2 Tbsp	
*Fresh celery, 1/4" diced	3 1/2 oz	3/4 cup 1 Tbsp	7 oz	1 1/2 cups 2 Tbsp	
*Fresh onions, chopped	3 oz	1/2 cup	6 oz	1 cup	
OR Dehydrated onions		OR 1/4 Tbsp		OR 1/2 cup	
Lowfat 1% milk, hot		1 1/4 cups		2 1/2 cups	4. Add hot milk, salt, and pepper. Return to a simmer and cook, uncovered, for 15 minutes. CCP: Heat to 165°F or higher.
Salt		1/8 tsp		1/4 tsp	
Ground black or white pepper		1/8 tsp		1/4 tsp	5. Remove bay leaves. CCP: Hold at 140°F or warmer. Portion with 4 oz ladle (1/2 cup).

Notes

* See Marketing Guide

Special Tips:

1. If a softer base is desired, beans may be cooked overnight.

2. If desired, soup may be made with canned beans. For 25 servings, substitute a total of 3 ½ cups of canned beans, drained. For 50 servings, substitute a total of 1 qt 2 ¼ cups of canned beans, drained.

Marketing Guide

Food as Purchased for	25 Servings	25 Servings
Potatoes	10 oz	1 lb 4 oz
Carrots	6 oz	12 oz
Celery	5 oz	10 oz
Mature onions	4 oz	8 oz

Serving	Yield	Volume
½ cup (4 oz ladle) provides ½ cup of cooked dry beans or the equivalent of ½ oz cooked lean meat and ½ cup of vegetable.	25 Servings: 6 lb 1 oz	25 Servings: 3 quarts 1/2 cup
	50 Servings: 12 lb 2 oz	50 Servings: about 1 gallon 2 1/4 quarts

Nutrients Per Serving

Calories	47	Saturated Fat		Iron	1 mg
Protein	3 g	Cholesterol	1 mg	Calcium	34 mg
Carbohydrate	9 g	Vitamin A	1298 IU	Sodium	36 mg
Total Fat		Vitamin C	2 mg	Dietary Fiber	2 g