

Thick Vegetable Soup

Meal Components: Vegetable - Red / Orange, Vegetable - Other, Grains, Meat / Meat Alternate

Soups & Stews, H-05

Ingredients	60 Servings		120 Servings		Directions
	Weight	Measure	Weight	Measure	
Low-sodium vegetable stock, non-MSG		2 gal		4 gal	<ol style="list-style-type: none"> Heat vegetable stock to a boil. Add lentils and barley. Reduce heat and simmer for 20 minutes. Add onions, carrots, celery, potatoes, tomato paste, pepper, and water. Simmer covered, for 25 minutes over low heat.
Dry lentils	14 oz	2 cups 2 Tbsp	1 lb 12 oz	1 qt 1/4 cup	
Dry barley	1 lb 7 oz	3 1/4 cups	2 lb 14 oz	1 qt 2 1/2 cups	
*Fresh onions, diced finely	1 lb	2 2/3 cups	2 lb	1 qt 1 1/3 cups	
OR	OR	OR	OR	OR	
Dehydrated onions	3 oz	1 1/2 cups	6 oz	3 cups	
*Fresh carrots, diced 1/2"	2 lb	1 qt 3 3/4 cups	4 lb	3 qt 3 1/2 cups	
*Fresh celery, diced 1/2"	8 oz	2 cups	1 lb	1 qt	
*Fresh white potatoes, peeled, cubed	8 oz	1 1/2 cups	1 lb	3 cups	

Ground black or white pepper		1 tsp		2 tsp	
Water		1 qt		2 qt	
Canned low-sodium pinto beans, drained and rinsed	5 lb 9 1/2 oz	3 qt 1/2 cup (1 1/3 No. 10 cans)	11 lb 3 oz	1 gal 2 1/4 qt (2 2/3 No. 10 cans)	4. Add pinto beans, corn, green beans, cabbage (optional). Simmer covered, for 15 minutes over medium heat.
OR	OR	OR	OR	OR	
**Dry pinto beans, cooked (see Special Tips)	5 lb 9 1/2 oz	2 qt 2 1/2 cups	11 lb 3 oz	1 gal 1 1/4 qt	
Frozen whole-kernel corn	1 lb	2 3/4 cups	2 lb	1 qt 1 1/2 cups	
Frozen cut green beans	1 lb	1 3/4 cups 2 Tbsp	2 lb	3 3/4 cups	
*Fresh cabbage, shredded (optional)	1 lb	1 qt 3/4 cup	2 lb	2 qt 1 1/2 cups	

5. Pour 10 lb (1 gal 1 qt) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.

6. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Notes

Comments:

*See Marketing Guide.

Special Tips:

1) Garnish with Parmesan cheese.

2) SOAKING BEANS

Overnight method: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking beans.

Quick-soak method: Boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

Discard the water. Proceed with cooking beans.

COOKING BEANS

Once the beans have been soaked, add $\frac{1}{2}$ tsp salt for every lb of dry beans.

Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Chill for later use.

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry pinto beans = about 2 $\frac{1}{2}$ cups dry or 5 $\frac{1}{4}$ cups cooked pinto beans.

1 cup (8 oz ladle) provides: Legume as a Meat Alternate: 1 $\frac{1}{2}$ oz equivalent Meat Alternate, $\frac{1}{4}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, and $\frac{1}{4}$ oz equivalent grains. OR Legume as Vegetable: $\frac{3}{8}$ cup legume vegetable, $\frac{1}{4}$ cup red/orange vegetable, $\frac{1}{8}$ cup other vegetable, and $\frac{1}{4}$ oz equivalent grains. Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.

A new nutrient analysis will be coming. Updated July 2014. Restandardization in progress.

Marketing Guide		
Food as Purchased for	60 Servings	60 Servings
Mature onions	1 lb 3 oz	2 lb 6 oz
Carrots	2 lb 7 oz	4 lb 14 oz
Celery	10 oz	1 lb 4 oz
Potatoes	10 oz	1 lb 4 oz
Dry pinto beans	2 lb 7 oz	4 lb 14 oz
Cabbage	1 lb 3 oz	2 lb 6 oz

Serving	Yield	Volume
1 cup (8 oz ladle) provides: Legume as a Meat Alternate: 1 1/2 oz equivalent Mealt Alternate, 1/4 cup red/orange vegetable, 1/8 cup other vegetable, and 1/4 oz equivalent grains.	<p>60 Servings: about 30 lb</p> <p>120 Servings: about 60 lb</p>	<p>60 Servings: about 3 gallons 3 quarts</p> <p>120 Servings: about 7 gallons 2 quarts</p>

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Nutrients Per Serving

Calories	146	Saturated Fat		Iron	2 mg
Protein	7 g	Cholesterol		Calcium	58 mg
Carbohydrate	30 g	Vitamin A	3396 IU	Sodium	283 mg
Total Fat	1 g	Vitamin C	13 mg	Dietary Fiber	7 g