

Chicken or Turkey Chowder

Meat-Vegetable

Soups

H-01

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped OR Dehydrated onions	7 oz	1 ¼ cups OR ½ cup 2 Tbsp	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	1. In a heavy pot, sauté onions, celery, and carrots in oil until tender, about 5 minutes.
*Fresh celery, ¼" diced	3 ½ oz	¾ cup 1 Tbsp	7 oz	1 ½ cups 2 Tbsp	
*Fresh carrots, peeled, ½" diced	3 ½ oz	1 cup	7 oz	2 cups	2. Add chicken or turkey, chicken or turkey stock, potatoes, salt, and pepper. Bring to a boil over medium heat. Reduce heat and simmer uncovered for 30 minutes, until potatoes are tender.
Vegetable oil		¼ cup		½ cup	
*Chicken or turkey meat, cooked, diced	1 lb 3 oz		2 lb 6 oz		3. Stir in hot milk and parsley. Simmer for 3 minutes.
Chicken or turkey stock, non-MSG		2 qt		1 gal	
*Fresh potatoes, peeled, ¼" cubed	15 oz	2 cups	1 lb 14 oz	1 qt	4. Dissolve cornstarch in cold water and add to simmering soup. Whisk to combine. Simmer until thickened, about 5 minutes. CCP: Heat to 165° F or higher for 15 seconds.
Salt		½ tsp		1 tsp	
Ground black or white pepper		½ tsp		1 tsp	5. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (½ cup).
Lowfat 1% milk, hot		2 cups		1 qt	
Dried parsley		2 tsp		1 Tbsp 1 tsp	
Cornstarch	2 oz	½ cup	4 oz	1 cup	
Water, cold		¾ cup		1 ½ cups	

Chicken or Turkey Chowder

Meat-Vegetable

Soups

H-01

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	8 oz	1 lb
Celery	5 oz	10 oz
Carrots	5 oz	10 oz
Chicken, whole, without neck and giblets OR	3 lb 5 oz OR	6 lb 10 oz OR
Turkey, whole, without neck and giblets	2 lb 9 oz	5 lb 2 oz
Potatoes	1 lb 3 oz	2 lb 6 oz

SERVING:

½ cup (4 oz ladle) provides ¾ oz of cooked poultry and ⅛ cup of vegetable.

YIELD:

25 Servings: 7 lb 4 oz

50 Servings: 14 lb 8 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	96	Saturated Fat	0.90 g	Iron	0.42 mg
Protein	7.31 g	Cholesterol	20 mg	Calcium	34 mg
Carbohydrate	7.39 g	Vitamin A	949 IU	Sodium	85 mg
Total Fat	4.09 g	Vitamin C	2.0 mg	Dietary Fiber	0.6 g

Split Pea Soup

Meat Alternate-Vegetable-Grains/Breads

Soups

H-02

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	2 oz	¼ cup	4 oz	½ cup	1. In a heavy pot, melt margarine or butter. Add onions. Sauté onions until soft and slightly browned, about 2-3 minutes.
*Fresh onions, chopped OR Dehydrated onions	2 oz	½ cup OR 3 Tbsp	4 oz	¾ cup OR ¼ cup 2 Tbsp	
Water		2 qt		1 gal	2. Add water to onions and bring to a boil.
Dry split green peas	1 lb 3 oz	2 ¾ cups	2 lb 6 oz	1 qt 1 ½ cups	3. Add peas, celery, carrots, bay leaves, salt, and pepper. Bring to a boil.
*Fresh celery, ¼" diced	12 oz	2 ¾ cups 2 Tbsp	1 lb 8 oz	1 qt 1 ¾ cups	
*Fresh carrots, ½" diced	12 oz	3 cups	1 lb 8 oz	1 qt 2 cups	
Dried bay leaf		1 each		2 each	
Salt		2 Tbsp	2 ⅝ oz	¼ cup	
Ground black or white pepper		½ tsp		1 tsp	
					4. Reduce heat. Simmer, covered, until peas are soft, about 50 minutes.
Dried marjoram		⅛ tsp		¼ tsp	5. Add marjoram, thyme, and hot milk. Stir to blend. CCP: Heat to 135° F or higher for at least 15 seconds.
Dried thyme		½ tsp		1 tsp	
Lowfat 1% milk, hot		2 cups		1 qt	
Enriched white bread, (at least 0.9 oz each), toasted, and cut into fourths		7 slices (28 ¼ pieces)		13 slices (52 ¼ pieces)	6. Remove bay leaves. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (½ cup). Place ¼ slice of toasted bread on top.

Split Pea Soup

Meat Alternate-Vegetable-Grains/Breads

Soups

H-02

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Celery	15 oz	1 lb 14 oz
Carrots	15 oz	1 lb 14 oz

SERVING:

½ cup (4 oz ladle) of soup with ¼ slice of toast provides ¼ cup of cooked split peas or the equivalent of 1 oz cooked lean meat, ⅓ cup of vegetable, and ¼ slice of bread

YIELD:

25 Servings: 6 lb 8 oz
50 Servings: 13 lb

VOLUME:

25 Servings: 3 quarts ½ cup
50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	114	Saturated Fat	0.57 g	Iron	1.11 mg
Protein	5.94 g	Cholesterol	1 mg	Calcium	51 mg
Carbohydrate	17.54 g	Vitamin A	3174 IU	Sodium	664 mg
Total Fat	2.53 g	Vitamin C	1.6 mg	Dietary Fiber	5.3 g

Corn Chowder

Vegetable

Soups

H-03

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
*Fresh onions, chopped OR Dehydrated onions	2 oz	1/3 cup OR 3 Tbsp	4 oz	2/3 cup OR 1/4 cup 2 Tbsp	1. In a heavy pot, sauté onions and celery in margarine or butter until tender, about 5 minutes.
*Fresh celery, 1/4" diced	2 oz	1/2 cup	4 oz	1 cup	
Margarine or butter	3 oz	1/4 cup 2 Tbsp	6 oz	3/4 cup	2. Add flour and cook for 1 minute stirring continuously.
Enriched all-purpose flour	3 oz	3/4 cup	6 oz	1 1/2 cups	
Lowfat 1% milk, hot		1 qt 1 cup		2 qt 2 cups	3. Slowly add hot milk and chicken stock to flour mixture. Whisk until smooth and thickened.
Chicken stock, non-MSG		1 qt 1 cup		2 qt 2 cups	
*Fresh potatoes, peeled, 1/4" cubes	1 lb 1 oz	3 1/4 cups	2 lb 2 oz	1 qt 2 1/2 cups	4. Add potatoes and simmer for 10 minutes.
Canned yellow corn, cream-style	1 lb 10 oz	2 2/3 cups (1 3/4 No. 300 cans)	3 lb 4 oz	1 qt 1 1/2 cups (3 1/2 No. 300 cans)	
Salt		2 tsp		1 Tbsp 1 tsp	5. Stir in corn, salt, and pepper. CCP: Heat to 165° F or higher for at least 15 seconds.
Ground black or white pepper		1/4 tsp		1/2 tsp	
					6. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (1/2 cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Celery	3 oz	6 oz
Potatoes	1 lb 5 oz	2 lb 10 oz

Corn Chowder

Vegetable

Soups

H-03

SERVING:

½ cup (4 oz ladle) provides ¼ cup of vegetable.

YIELD:

25 Servings: 7 lb 3 oz

50 Servings: 14 lb 6 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004, Edited 2007

Nutrients Per Serving

Calories	94	Saturated Fat	0.91 g	Iron	0.36 mg
Protein	2.87 g	Cholesterol	2 mg	Calcium	66 mg
Carbohydrate	13.72 g	Vitamin A	251 IU	Sodium	333 mg
Total Fat	3.46 g	Vitamin C	3.2 mg	Dietary Fiber	0.8 g

Multi-Bean Soup

Meat Alternate-Vegetable

Soups

H-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Dry Great Northern beans OR Dry Navy pea beans	5 oz	¾ cup	10 oz	1 ½ cups	1. Soak all beans in water for 20-30 minutes. Thoroughly drain and discard water. Rinse beans and drain thoroughly.
	OR 5 oz	OR ¾ cup	OR 10 oz	OR 1 ½ cups	
Dry pinto beans	2 oz	¼ cup	4 oz	½ cup	
Dry kidney beans	2 oz	⅓ cup	4 oz	⅔ cup	
Water (for soaking beans)		1 qt		2 qt	
Chicken stock, non-MSG		3 qt 1 ½ cups		1 gal 2 ¾ qt	2. 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		¼ tsp		½ tsp	
Granulated garlic		¼ tsp		½ tsp	
*Fresh potatoes, ½" diced	8 oz	1 ½ cups	1 lb	3 cups	3. Add potatoes, carrots, celery, and onions. Simmer, covered, until tender, about 20 minutes.
*Fresh carrots, ½" chopped	5 oz	1 cup 3 Tbsp	10 oz	2 ¼ cups 2 Tbsp	
*Fresh celery, ¼" diced	3 ½ oz	¾ cup 1 Tbsp	7 oz	1 ½ cups 2 Tbsp	
*Fresh onions, chopped OR Dehydrated onions	3 oz	½ cup OR ¼ Tbsp	6 oz	1 cup OR ½ cup	
Lowfat 1% milk, hot		1 ¼ cups		2 ½ 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 for at least 15 seconds.
Salt		⅞ tsp		¼ tsp	
Ground black or white pepper		⅞ tsp		¼ tsp	

Multi-Bean Soup

Meat Alternate-Vegetable

Soups

H-04

5. Remove bay leaves.

CCP: Hold for hot service at 135° F or higher.

Portion with 4 oz ladle (½ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 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:

½ cup (4 oz ladle) provides ⅓ cup of cooked dry beans or the equivalent of ½ oz cooked lean meat and ⅓ cup of vegetable.

YIELD:

25 Servings: 6 lb 1 oz

50 Servings: 12 lb 2 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Special Tips:

- 1) If a softer bean is desired, beans may be soaked overnight.
- 2) If desired, soup may be made with canned beans. For 25 servings, substitute a total of 3 ⅓ cups of canned beans, drained. For 50 servings, substitute a total of 1 qt 2 ¼ cups of canned beans, drained.

Nutrients Per Serving

Calories	47	Saturated Fat	0.12 g	Iron	0.70 mg
Protein	2.76 g	Cholesterol	1 mg	Calcium	34 mg
Carbohydrate	8.77 g	Vitamin A	1298 IU	Sodium	36 mg
Total Fat	0.31 g	Vitamin C	1.6 mg	Dietary Fiber	2.2 g

Broccoli Cheese Soup

Meat Alternate-Vegetable

Soups

H-05

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		1 qt ½ cup		2 qt 1 cup	1. In a heavy pot, bring chicken stock to a boil.
*Fresh carrots, ¼" chopped	1 lb 2 oz	3 cups	2 lb 4 oz	1 qt 2 cups	2. Add carrots and onions. Boil until vegetables are tender, approximately 10 minutes.
*Fresh onions, chopped OR Dehydrated onions	8 oz	1 ½ cups OR ½ cup 2 Tbsp	1 lb OR 3 oz	3 cups OR 1 ¼ cups	
Margarine or butter	2 oz		4 oz		3. In a separate heavy pot, melt margarine or butter. Whisk in flour and cook for 2 minutes. Do not brown.
Enriched all-purpose flour	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp	
Lowfat 1% milk, hot		2 cups		1 qt	4. Slowly add hot milk. Continue to whisk until smooth.
					5. Slowly add stock and vegetables.
Salt		¼ tsp		½ tsp	6. Add salt, pepper, and hot sauce. Whisk to blend. Simmer until thickened, about 10 minutes, whisking occasionally.
Ground black or white pepper		⅛ tsp		¼ tsp	
Hot pepper sauce		⅛ tsp		¼ tsp	
Reduced fat Cheddar cheese, shredded	1 lb 3 oz		2 lb 6 oz		7. Add cheese, whisking occasionally until cheese is melted.
Frozen chopped broccoli	1 lb		2 lb		8. Add broccoli. Stir occasionally. CCP: Heat to 165° F or higher for at least 15 seconds.
					9. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (½ cup).

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Carrots	1 lb 10 oz	3 lb 4 oz
Mature onions	11 oz	1 lb 6 oz

Broccoli Cheese Soup

Meat Alternate-Vegetable

Soups

H-05

SERVING:

½ cup (4 oz ladle) provides ¾ oz cheese and ¼ cup of vegetable.

YIELD:

25 Servings: 7 lb 4 oz

50 Servings: 14 lb 8 oz

Tested 2004

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Nutrients Per Serving

Calories	120	Saturated Fat	3.03 g	Iron	0.53 mg
Protein	7.89 g	Cholesterol	13 mg	Calcium	239 mg
Carbohydrate	8.61 g	Vitamin A	5211 IU	Sodium	240 mg
Total Fat	6.15 g	Vitamin C	11.3 mg	Dietary Fiber	1.4 g

Tomato Pasta Soup

Vegetable-Grains/Breads

Soups

H-06

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned tomato juice		1 qt 2 cups		3 qt	1. In a heavy pot, combine tomato juice, milk, bay leaves, tomato paste, sugar, Worcestershire sauce, celery salt, and pepper. Simmer for 10 minutes. Remove bay leaves. CCP: Heat to 135° F or higher.
Lowfat 1% milk		1 qt		2 qt	
Dried bay leaf		2 each		4 each	
Canned tomato paste	2 oz	¼ cup (⅓ 12 oz can plus 2 Tbsp)	4 oz	½ cup (⅓ 12 oz can plus 2 Tbsp)	
Sugar		2 Tbsp		¼ cup	
Worcestershire sauce		1 Tbsp		2 Tbsp	
Celery salt		½ tsp		1 tsp	
Ground black or white pepper		⅛ tsp		¼ tsp	
Enriched elbow macaroni OR Enriched alphabet pasta OR Enriched orzo	11 ½ oz OR 11 ½ oz OR 11 ½ oz	2 ⅔ cups OR 2 cups OR 1 ⅔ cups	1 lb 7 oz OR 1 lb 7 oz OR 1 lb 7 oz	1 qt 1 ⅓ cups OR 1 qt OR 3 ⅓ cups	

SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) provides ¼ cup of vegetable and the equivalent of ½ slice of bread.	25 Servings: 6 lb 13 ½ oz 50 Servings: 13 lb 11 oz	25 Servings: 3 quarts ½ cup 50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Tomato Pasta Soup

Vegetable-Grains/Breads

Soups

H-06

Special Tips:

1) For variety, use a combination of all three types of pasta. For 25 servings, use 11 ½ oz. For 50 servings, use 1 lb 7 oz.

2) Garnish with grated cheese.

Nutrients Per Serving					
Calories	88	Saturated Fat	0.30 g	Iron	0.99 mg
Protein	3.69 g	Cholesterol	2 mg	Calcium	58 mg
Carbohydrate	16.97 g	Vitamin A	465 IU	Sodium	278 mg
Total Fat	0.73 g	Vitamin C	12.1 mg	Dietary Fiber	0.9 g

Lentil Soup

Meat Alternate-Vegetable

Soups

H-07

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Dry lentils	11 oz	1 ½ cups	1 lb 6 oz	3 cups	1. Rinse lentils and sort out any unwanted materials. Drain well. 2. In a heavy pot, combine lentils, stock, and tomato paste. Bring to a boil over medium heat. Reduce heat and simmer, uncovered, until lentils are just tender, about 12 minutes.
Beef stock, non-MSG		3 qt		1 gal 2 qt	
Canned tomato paste	10 oz	1 cup 1 Tbsp (¾ 12 oz can plus 1 Tbsp)	1 lb 4 oz	2 cups 2 Tbsp (1 ⅔ 12 oz cans)	3. Add potatoes, onions, celery, carrots, parsley, granulated garlic, bay leaves, and cumin. Simmer, uncovered, about 50 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
*Fresh potatoes, peeled, ¼" cubes	3 oz	½ cup	6 oz	1 cup	
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	
*Fresh celery, ¼" diced	4 oz	1 cup	8 oz	2 cups	
*Fresh carrots, ½" chopped	4 oz	1 cup	8 oz	2 cups	
Dried parsley		1 Tbsp		2 Tbsp	
Granulated garlic		1 tsp		2 tsp	
Dried bay leaf		1 each		2 each	
Ground cumin		⅓ tsp		¼ tsp	

Lentil Soup

Meat Alternate-Vegetable

Soups

H-07

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Potatoes	4 oz	8 oz
Mature onions	3 oz	6 oz
Celery	5 oz	10 oz
Carrots	5 oz	10 oz

SERVING:

½ cup (4 oz ladle) provides ⅓ cup of lentils or the equivalent of ½ oz cooked lean meat and ¼ cup of vegetable.

YIELD:

25 Servings: 6 lb 8 oz
50 Servings: 13 lb

VOLUME:

25 Servings: 3 quarts ½ cup
50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	71	Saturated Fat	0.16 g	Iron	1.75 mg
Protein	4.63 g	Cholesterol	1 mg	Calcium	19 mg
Carbohydrate	12.73 g	Vitamin A	1326 IU	Sodium	82 mg
Total Fat	0.55 g	Vitamin C	7.9 mg	Dietary Fiber	4.0 g

Bean Soup

Meat Alternate-Vegetable

Soups

H-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or ham stock, non-MSG		1 qt 3 ½ cups		3 qt 3 cups	1. In a heavy pot, combine stock, beans, tomato paste, onions, celery, carrots, pepper, parsley, and ham (optional). Bring to a boil. (If desired, liquid from cooked beans may be used as part of the stock.)
*Cooked dry Navy beans (see preparation note)	3 lb 7 oz	1 qt 2 ½ cups	6 lb 14 oz	3 qt 1 cup	
Canned tomato paste	4 oz	¼ cup 3 Tbsp (⅓ 12 oz can)	8 oz	¾ cup 2 Tbsp (⅔ 12 oz can)	
*Fresh onions, chopped OR Dehydrated onions	3 ½ oz	½ cup 1 Tbsp OR ¼ cup 1 Tbsp	7 oz OR 1 ¼ oz	1 ¼ cups OR ½ cup 2 Tbsp	
*Fresh celery, chopped	4 oz	1 cup	8 oz	2 cups	
*Fresh carrots, chopped	4 oz	1 cup	8 oz	2 cups	
Ground black or white pepper		¼ tsp		½ tsp	
Dried parsley		1 Tbsp		2 Tbsp	
Cooked ham, diced (optional)	4 oz		8 oz		
					2. Reduce heat. Cover. Simmer for 20 minutes or until vegetables are tender. CCP: Heat to 165° F or higher for at least 15 seconds.
Enriched all-purpose flour	2 oz	½ cup	4 oz	1 cup	3. Combine flour and cold water. Mix until smooth.
Water, cold		½ cup		1 cup	
					4. Slowly add to stock mixture. Stir well and cook over medium heat until thickened, 10-12 minutes.
					5. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (½ cup).

Bean Soup

Meat Alternate-Vegetable

Soups

H-08

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Dry Navy beans	1 lb 3 oz	2 lb 6 oz
Mature onions	4 oz	8 oz
Celery	5 oz	10 oz
Carrots	5 oz	10 oz

SERVING:

½ cup (4 oz ladle) provides ¼ cup of cooked dry beans or the equivalent of 1 oz cooked lean meat and ⅙ cup of vegetable.

YIELD:

25 Servings: 6 lb 5 ½ oz
50 Servings: 12 lb 11 oz

VOLUME:

25 Servings: 3 quarts ½ cup
50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.

OR

Chill for later use. If chilling:
CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb Navy beans=about 2 ¼ cups dry or 6 cups cooked pinto beans.

Bean Soup

Meat Alternate-Vegetable

Soups

H-08

Nutrients Per Serving

Calories	107	Saturated Fat	0.11 g	Iron	1.84 mg
Protein	6.07 g	Cholesterol	0 mg	Calcium	51 mg
Carbohydrate	20.24 g	Vitamin A	1141 IU	Sodium	27 mg
Total Fat	0.46 g	Vitamin C	3.7 mg	Dietary Fiber	4.5 g

Cream of Vegetable Soup

Vegetable

Soups

H-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	4 oz	½ cup	8 oz	1 cup	1. In a heavy pot, melt margarine or butter. Add onions and celery (optional). Cook over medium heat for 5-10 minutes.
*Fresh onions, chopped OR Dehydrated onions	3 ½ oz	¾ cup 2 Tbsp OR ¼ cup 1 Tbsp	7 oz	1 ¼ cups OR ½ cup 2 Tbsp	
*Fresh celery, chopped (optional)	2 oz	½ cup	4 oz	1 cup	2. Blend in flour and cook over medium heat, stirring constantly until light brown 5 minutes.
Enriched all-purpose flour	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp	
Instant nonfat dry milk, reconstituted		2 cups		1 qt	3. Slowly stir in milk, stock, pepper, basil (optional), parsley (optional), and granulated garlic. Blend well and bring to boil. Reduce heat. Simmer, uncovered, stirring frequently until slightly thickened, 10-15 minutes.
Chicken stock, non-MSG		1 qt 2 ¼ cups		3 qt 2 ½ cups	
Ground black or white pepper		¼ tsp		½ tsp	4. Add vegetables. Cook over medium heat, until heated through, 5-10 minutes.
Dried basil (optional)		¾ tsp		1 ½ tsp	
Dried parsley (optional)		1 Tbsp		2 Tbsp	5. CCP: Heat to 165° F or higher for at least 15 seconds.
Granulated garlic		¾ tsp		1 ½ tsp	
Canned mixed vegetables, drained	2 lb 7 oz	1 qt 2 ¾ cups (2 No. 2-½ cans)	4 lb 14 oz	3 qt 1 ½ cups (4 No. 2-½ cans)	5. CCP: Hold for hot service at 135° F or higher.
					Portion with 4 oz ladle (½ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	4 oz	8 oz
Celery (optional)	3 oz	6 oz

Cream of Vegetable Soup

Vegetable

Soups

H-09

SERVING:

½ cup (4 oz ladle) provides ¼ cup of vegetable.

YIELD:

25 Servings: 6 lb 13 oz

50 Servings: 13 lb 10 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	80	Saturated Fat	0.79 g	Iron	0.70 mg
Protein	2.46 g	Cholesterol	0 mg	Calcium	38 mg
Carbohydrate	9.15 g	Vitamin A	5326 IU	Sodium	135 mg
Total Fat	3.87 g	Vitamin C	2.5 mg	Dietary Fiber	1.5 g

Chicken or Turkey Noodle Soup

Meat-Grains/Breads

Soups

H-10

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or turkey stock, non-MSG		3 qt 3 cups		1 gal 3 ½ qt	1. In a heavy pot, combine stock, celery, carrots (optional), onions, parsley (optional), pepper, and poultry seasoning. Bring to boil. Reduce heat and cover. Simmer for 20 minutes. 2. Add noodles and chicken or turkey. Return to simmer. Cover. Simmer for 10 minutes or until noodles are tender. CCP: Heat to 165° F or higher for at least 15 seconds. 3. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (½ cup).
*Fresh celery, chopped	6 oz	1 ½ cups	12 oz	3 cups	
*Fresh carrots, chopped (optional)	3 oz	¾ cup	6 oz	1 ½ cups	
*Fresh onions, chopped OR Dehydrated onions	3 oz	½ cup OR ¼ Tbsp	6 oz	1 cup OR ½ cup	
Dried parsley (optional)		1 Tbsp		2 Tbsp	
Ground black or white pepper		¼ tsp		½ tsp	
Poultry seasoning		¼ tsp		½ tsp	
Enriched medium noodles	5 ½ oz	1 qt	11 oz	2 qt	
*Cooked chicken or turkey, chopped	13 oz		1 lb 10 oz		

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Celery	8 oz	1 lb
Carrots	4 oz	8 oz
Mature onions	4 oz	8 oz

Chicken or Turkey Noodle Soup

Meat-Grains/Breads

Soups

H-10

Chicken, whole, without neck and giblets	2 lb 5 oz	4 lb 10 oz
OR	OR	OR
Turkey, whole, without neck and giblets	1 lb 12 oz	3 lb 8 oz

SERVING:

½ cup (4 oz ladle) provides ½ oz of cooked poultry and the equivalent of ¼ slice of bread.

YIELD:

25 Servings: 7 lb 1 oz

50 Servings: 14 lb 2 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	61	Saturated Fat	0.39 g	Iron	0.58 mg
Protein	5.47 g	Cholesterol	21 mg	Calcium	9 mg
Carbohydrate	6.18 g	Vitamin A	21 IU	Sodium	33 mg
Total Fat	1.50 g	Vitamin C	0.5 mg	Dietary Fiber	0.4 g

Chicken or Turkey Rice Soup

Meat-Grains/Breads

Soups

H-10A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or turkey stock, non-MSG		3 qt 3 cups		1 gal 3 ½ qt	1. In a heavy pot, combine stock, celery, carrots (optional), onions, parsley (optional), pepper, and poultry seasoning. Bring to boil. Reduce heat and cover. Simmer for 20 minutes. 2. Add rice and chicken or turkey. Return to simmer. Cover. Simmer for 20 minutes. CCP: Heat to 165° F or higher for at least 15 seconds. 3. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (½ cup).
*Fresh celery, chopped	6 oz	1 ½ cups	12 oz	3 cups	
*Fresh carrots, chopped (optional)	3 oz	¾ cup	6 oz	1 ½ cups	
*Fresh onions, chopped OR Dehydrated onions	3 oz	½ cup OR ¼ Tbsp	6 oz	1 cup OR ½ cup	
Dried parsley (optional)		1 Tbsp		2 Tbsp	
Ground black or white pepper		¼ tsp		½ tsp	
Poultry seasoning		¼ tsp		½ tsp	
Enriched white rice, medium grain	8 oz		1 lb		
*Cooked chicken or turkey, chopped	13 oz		1 lb 10 oz		

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Celery	8 oz	1 lb
Carrots	4 oz	8 oz
Mature onions	4 oz	8 oz
Chicken, whole, without neck and giblets OR	2 lb 5 oz OR	4 lb 10 oz OR
Turkey, whole, without neck and giblets	1 lb 12 oz	3 lb 8 oz

Chicken or Turkey Rice Soup

Meat-Grains/Breads

Soups

H-10A

SERVING:

½ cup (4 oz ladle) provides ½ oz of cooked poultry and the equivalent of ¼ slice of bread.

YIELD:

25 Servings: 7 lb 1 oz

50 Servings: 14 lb 2 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	64	Saturated Fat	0.34 g	Iron	0.60 mg
Protein	5.01 g	Cholesterol	13 mg	Calcium	7 mg
Carbohydrate	7.90 g	Vitamin A	16 IU	Sodium	32 mg
Total Fat	1.23 g	Vitamin C	0.5 mg	Dietary Fiber	0.2 g

Vegetable Soup

Vegetable

Soups

H-11

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or beef stock, non-MSG		2 qt 1 ¼ cups		1 gal 2 ½ cups	1. In a heavy pot, combine stock, tomato paste, celery, onions, pepper, parsley, and granulated garlic. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes. 2. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.) 3. Cover and simmer for 15 minutes, or until vegetables are tender. CCP: Heat to 165° F or higher for at least 15 seconds.
Canned tomato paste	6 oz	½ cup 2 Tbsp (½ 12 oz can)	12 oz	1 ¼ cups (1 12 oz can)	
*Fresh celery, chopped	4 oz	¾ cup 1 ½ tsp	8 oz	1 ½ cups 1 Tbsp	
*Fresh onions, chopped OR Dehydrated onions	4 oz	⅔ cup OR ¼ cup 2 Tbsp	8 oz	1 ⅓ cups OR ¾ cup	
Ground black or white pepper		¼ tsp		½ tsp	
Dried parsley		1 Tbsp		2 Tbsp	
Granulated garlic		1 ½ tsp		1 Tbsp	
Canned whole-kernel corn, liquid pack, drained OR Frozen whole-kernel corn	4 ½ oz OR 4 oz	⅝ cup 1 Tbsp (½ No. 300 can) OR ½ cup 3 Tbsp	9 oz OR 8 oz	1 ⅜ cups (1 No. 300 can) OR 1 ⅜ cups	
Canned diced carrots, drained OR Frozen sliced carrots	4 ½ oz OR 4 oz	⅔ cup (½ No. 300 can) OR ¼ cup 2 Tbsp	9 oz OR 8 oz	1 ⅓ cups (1 No. 300 can) OR ¾ cup	
Canned cut green beans, drained OR Frozen cut green beans	3 ¾ oz OR 3 ¾ oz	⅝ cup 1 Tbsp (½ No. 300 can) OR ¼ cup 3 Tbsp	7 ½ oz OR 7 ½ oz	1 ⅜ cups (1 No. 300 can) OR ¾ cup 2 Tbsp	
Canned green peas, drained OR Frozen green peas	4 ½ oz OR 5 oz	¾ cup (⅔ No. 300 can) OR ¾ cup	9 oz OR 10 oz	1 ½ cups (1 ⅓ No. 300 cans) OR 1 ½ cups	

Vegetable Soup

Vegetable

Soups

H-11

4. CCP: Hold for hot service at 135° F or higher.

Portion with 4 oz ladle (½ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Celery	5 oz	10 oz
Mature onions	5 oz	10 oz

SERVING:

½ cup (4 oz ladle) provides ¼ cup of vegetable.

YIELD:

25 Servings: 5 lb 3 oz

50 Servings: 10 lb 6 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	20	Saturated Fat	0.03 g	Iron	0.38 mg
Protein	0.87 g	Cholesterol	0 mg	Calcium	10 mg
Carbohydrate	4.28 g	Vitamin A	947 IU	Sodium	62 mg
Total Fat	1.05 g	Vitamin C	5.7 mg	Dietary Fiber	0.9 g

Beef Vegetable Soup

Meat-Vegetable

Soups

H-11A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Raw ground beef (no more than 20% fat)	1 lb 1 oz		2 lb 2 oz		1. Brown ground beef. Drain. Continue immediately. 2. In a heavy pot, combine stock, cooked ground beef, tomato paste, celery, onions, pepper, parsley, and granulated garlic. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes.
Beef stock, non-MSG		1 qt 3 ¼ cups		3 qt 2 ½ cups	
Canned tomato paste	6 oz	½ cup 2 Tbsp (½ 12 oz can)	12 oz	1 ¼ cups (1 12 oz can)	
*Fresh celery, chopped	4 oz	¾ cup 1 ½ tsp	8 oz	1 ½ cups 1 Tbsp	
*Fresh onions, chopped OR Dehydrated onions	4 oz	¾ cup OR ¼ cup 2 Tbsp	8 oz	1 ⅓ cups OR ¾ cup	
Ground black or white pepper		¼ tsp		½ tsp	
Dried parsley		1 Tbsp		2 Tbsp	
Granulated garlic		1 ½ tsp		1 Tbsp	
Canned whole-kernel corn, liquid pack, drained OR Frozen whole-kernel corn	4 ½ oz OR 4 oz	⅝ cup 1 Tbsp (½ No. 300 can) OR ½ cup 3 Tbsp	9 oz OR 8 oz	1 ⅜ cups (1 No. 300 can) OR 1 ⅜ cups	3. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
Canned diced carrots, drained OR Frozen sliced carrots	4 ½ oz OR 4 oz	¾ cup (½ No. 300 can) OR ¼ cup 2 Tbsp	9 oz OR 8 oz	1 ⅓ cups (1 No. 300 can) OR ¾ cup	
Canned cut green beans, drained OR Frozen cut green beans	3 ¾ oz OR 3 ¾ oz	⅝ cup 1 Tbsp (½ No. 300 can) OR ¼ cup 3 Tbsp	7 ½ oz OR 7 ½ oz	1 ⅜ cups (1 No. 300 can) OR ¾ cup 2 Tbsp	
Canned green peas, drained OR Frozen green peas	4 ½ oz OR 5 oz	¾ cup (¾ No. 300 can) OR ¾ cup	9 oz OR 10 oz	1 ½ cups (1 ⅓ No. 300 cans) OR 1 ½ cups	

Beef Vegetable Soup

Meat-Vegetable

Soups

H-11A

	<p>4. Cover and simmer for 15 minutes, or until vegetables are tender.</p> <p>CCP: Heat to 165° F or higher for at least 15 seconds.</p>
	<p>5. CCP: Hold for hot service at 135° F or higher.</p> <p>Portion with 4 oz ladle (½ cup).</p>

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Celery	5 oz	10 oz
Mature onions	5 oz	10 oz

SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) provides ½ oz of cooked lean meat and ¼ cup of vegetable.	<p>25 Servings: 5 lb 15 oz</p> <p>50 Servings: 11 lb 14 oz</p>	<p>25 Servings: 3 quarts ½ cup</p> <p>50 Servings: about 1 gallon 2 ¼ quarts</p>

Tested 2004

Nutrients Per Serving					
Calories	62	Saturated Fat	1.16 g	Iron	0.81 mg
Protein	4.91 g	Cholesterol	13 mg	Calcium	15 mg
Carbohydrate	4.63 g	Vitamin A	954 IU	Sodium	107 mg
Total Fat	2.80 g	Vitamin C	5.7 mg	Dietary Fiber	0.9 g

Chicken or Turkey Vegetable Soup

Meat-Vegetable

Soups

H-11B

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		2 qt 2 cups		1 gal 1 qt	1. In a heavy pot, combine stock, cooked chicken or turkey, tomato paste, celery, onions, pepper, parsley, and granulated garlic. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes.
*Cooked chicken or turkey, chopped	13 oz		1 lb 10 oz		
Canned tomato paste	6 oz	½ cup 2 Tbsp (½ 12 oz can)	12 oz	1 ¼ cups (1 12 oz can)	2. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
*Fresh celery, chopped	4 oz	¾ cup 1 ½ tsp	8 oz	1 ½ cups 1 Tbsp	
*Fresh onions, chopped OR Dehydrated onions	4 oz	⅔ cup OR ¼ cup 2 Tbsp	8 oz	1 ⅓ cups OR ¾ cup	
Ground black or white pepper		¼ tsp		½ tsp	
Dried parsley		1 Tbsp		2 Tbsp	
Granulated garlic		1 ½ tsp		1 Tbsp	
Canned whole-kernel corn, liquid pack, drained OR Frozen whole-kernel corn	4 ½ oz OR 4 oz	⅝ cup 1 Tbsp (½ No. 300 can) OR ½ cup 3 Tbsp	9 oz OR 8 oz	1 ⅜ cups (1 No. 300 can) OR 1 ⅜ cups	
Canned diced carrots, drained OR Frozen sliced carrots	4 ½ oz OR 4 oz	⅔ cup (½ No. 300 can) OR ¼ cup 2 Tbsp	9 oz OR 8 oz	1 ⅓ cups (1 No. 300 can) OR ¾ cup	
Canned cut green beans, drained OR Frozen cut green beans	3 ¾ oz OR 3 ¾ oz	⅝ cup 1 Tbsp (½ No. 300 can) OR ¼ cup 3 Tbsp	7 ½ oz OR 7 ½ oz	1 ⅜ cups (1 No. 300 can) OR ¾ cup 2 Tbsp	
Canned green peas, drained OR Frozen green peas	4 ½ oz OR 5 oz	¾ cup (⅔ No. 300 can) OR ¾ cup	9 oz OR 10 oz	1 ½ cups (1 ⅓ No. 300 cans) OR 1 ½ cups	
					3. Cover and simmer for 15 minutes, or until vegetables are tender. CCP: Heat to 165° F or higher for at least 15 seconds.

Chicken or Turkey Vegetable Soup

Meat-Vegetable

Soups

H-11B

4. CCP: Hold for hot service at 135° F or higher.

Portion with 4 oz ladle (½ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Chicken, whole, without neck and giblets OR	2 lb 5 oz OR	4 lb 10 oz OR
Turkey, whole, without neck and giblets	1 lb 12 oz	3 lb 8 oz
Celery	5 oz	10 oz
Mature onions	5 oz	10 oz

SERVING:

½ cup (4 oz ladle) provides ½ oz of cooked poultry and ¼ cup of vegetable.

YIELD:

25 Servings: 5 lb 15 oz
50 Servings: 11 lb 14 oz

VOLUME:

25 Servings: 3 quarts ½ cup
50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Nutrients Per Serving

Calories	47	Saturated Fat	0.33 g	Iron	0.56 mg
Protein	5.09 g	Cholesterol	13 mg	Calcium	12 mg
Carbohydrate	4.23 g	Vitamin A	955 IU	Sodium	70 mg
Total Fat	1.27 g	Vitamin C	5.7 mg	Dietary Fiber	0.9 g

Minestrone

Vegetable

Soups

H-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		¼ cup		½ cup	1. Pour water into large, heavy kettle. Add onions, carrots, cabbage, celery, and zucchini (optional). Simmer for 15 minutes until tender.
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	
*Fresh carrots, chopped	5 ½ oz	1 ¼ cups 1 Tbsp	11 oz	2 ½ cups 2 Tbsp	2. Add beef stock, tomato paste, pepper, oregano, parsley, granulated garlic, and marjoram (optional). Simmer, uncovered, for 30 minutes.
*Fresh cabbage, chopped		½ cup 2 Tbsp	3 oz	1 ¼ cups	
*Fresh celery, chopped	2 oz	½ cup	4 oz	1 cup	
*Fresh zucchini, cubed (optional)	2 oz	1 ½ cups 2 Tbsp	4 oz	3 ¼ cups	
Beef stock, non-MSG		2 qt		1 gal	
Canned tomato paste	6 oz	½ cup 2 Tbsp (½ 12 oz can)	12 oz	1 ¼ cups (1 12 oz can)	
Ground black or white pepper		¼ tsp		½ tsp	
Dried oregano		⅛ tsp		⅛ tsp	
Dried parsley		⅛ tsp		¼ tsp	
Granulated garlic		½ tsp		1 tsp	
Dried marjoram (optional)		⅛ tsp		¼ tsp	
Canned Great Northern beans, drained	1 lb 2 oz	2 cups (2 No. 300 cans)	2 lb 4 oz	1 qt (4 No. 300 cans)	3. Add beans and macaroni. Continue simmering for 20 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
Enriched elbow macaroni	2 ¾ oz		5 ½ oz		4. CCP: Hold for hot service at 135° F or higher. Portion with 4 oz ladle (½ cup).

Minestrone

Vegetable

Soups

H-12

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Carrots	7 oz	14 oz
Cabbage	2 oz	4 oz
Celery	3 oz	6 oz

SERVING:

½ cup (4 oz ladle) provides ¼ cup of vegetable.

YIELD:

25 Servings: 7 lb 4 oz

50 Servings: 14 lb 8 oz

VOLUME:

25 Servings: 3 quarts ½ cup

50 Servings: about 1 gallon 2 ¼ quarts

Tested 2004

Special Tip: Garnish with Parmesan cheese

Nutrients Per Serving

Calories	52	Saturated Fat	0.13 g	Iron	1.08 mg
Protein	3.09 g	Cholesterol	0 mg	Calcium	29 mg
Carbohydrate	9.98 g	Vitamin A	1574 IU	Sodium	56 mg
Total Fat	0.43 g	Vitamin C	4.7 mg	Dietary Fiber	1.7 g