

Sunshine Soup

Makes: 50 servings

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| Ingredients | Weight | Measure |
|---------------------------|--------|------------|
| Whole Grain Millet | 50 oz | 6 1/4 cup |
| Extra Light Olive Oil | | 1 cup |
| Medium Yellow Onion-Diced | 16 oz | 2 cup |
| Large Clove Garlic | | 2 1/2 Tbsp |
| Salt | | 2 tsp |
| Black pepper | | 2 tsp |
| Onion powder | | 2 tsp |
| Liquid Hot Crushed Pepper | | 3 Tbsp |
| Worcestershire Sauce | | 2 tsp |
| Canned diced tomatoes | 58 oz | 6 cup |
| Unsalted Vegetable Stock | 66 oz | 8 cup |
| Silk Original Creamer | 16 oz | 2 cup |
| Canned Sweet Potatoes | 32 oz | 4 cup |
| Canned Sliced Carrots | 32 oz | 4 cup |
| Fresh Chopped Kale | 128 oz | 16 cup |



Directions

1. In a sauce pan or stock pot rinse and cook millet according to package directions.
2. In a sauté pan wilt Kale with Olive Oil and a touch of unsalted vegetable stock. In a medium pot over medium heat add Olive Oil.
3. Stir in onions and sauté until translucent. Add garlic and salt and pepper to taste and sauté additional two minutes. Stir in diced tomatoes and unsalted vegetable stock.
4. Bring to a boil then reduce heat to simmer, add carrots and sweet potatoes. Cook, covered 30 minutes. Remove from heat and use hand mixer (hand blender) until smooth. Then slowly add Silk Creamer a little at a time.
5. To serve add 1/4 cup millet to a serving bowl, pour in tomato and put kale on top (you can also mix kale and millet in just before serving).

Notes

Serving Tips:

Pan sizes used:

26 quart pan (serves approx. 104/6 oz. servings) – used to cook the millet

40 quart pan (serves approx. – used to cook the soup

12" cast iron skillet pan - used for stir frying the kale, onions and garlic