

White Bean Vegetable Soup

Makes: 50 or 200 servings

50 Servings 200 Servings

| Ingredients | Weight | Measure | Weight | Measure |
|----------------------------------|-----------------------|-----------|-------------------------|----------|
| Canned Navy beans, drained | 4 lb 2 oz (1 #10 can) | | 16 lb 8 oz (4 #10 cans) | |
| Beef broth | | 1 1/2 gal | | 6 gal |
| Shredded green cabbage | 2 lb 4 oz | | 9 lb | |
| Carrots, grated | 1 lb 8 oz | | 6 lb | |
| Onion, chopped | 1 lb | | 4 lb | |
| Thyme leaves, dried | | 1 1/2 tsp | 1/4 oz | 2 Tbsp |
| Cayenne pepper | | 1 1/2 tsp | 1/4 oz | 2 Tbsp |
| Garlic powder | | 1 1/2 tsp | 2/3 oz | 2 Tbsp |
| Bay leaves | | 3 leaves | | 8 leaves |
| Diced canned tomatoes with juice | 6 lb (1 #10 can) | | 24 lb (3 3/4 #10 cans) | |
| Sugar | .2 oz | 1 1/2 tsp | .8 oz | 2 Tbsp |
| Salt (optional) | 2/3 oz | 1 Tbsp | 2 2/3 oz | 4 Tbsp |

Nutrition Information

| Key Nutrients | Amount | % Daily Value |
|-----------------------|-----------|---------------|
| Total Calories | 68 | |
| Total Fat | 0.7 g | |
| Protein | 3.9 g | |
| Carbohydrates | NA | |
| Dietary Fiber | 3 g | |
| Saturated Fat | NA | |
| Sodium | 529 mg | |

Directions

1. Bring beans and broth to a boil.
2. Add cabbage, carrots, onions, thyme, cayenne, garlic and bay leaves. Bring to a second boil, reduce heat, and simmer until vegetables are tender, about 20 minutes.
3. Add tomatoes and sugar and bring to a boil. Reduce heat, simmer for 5 minutes. Remove bay leaves. Add salt to taste. Serve hot.