

# Broccoli Cheese Soup

Meal Components: Vegetable, Meat / Meat Alternate

Soups & Stews, H-05

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		1 qt 1/2 cup		2 qt 1 cup	1. In a heavy pot, bring chicken stock to a boil.
*Fresh carrots, 1/4" chopped	1 lb 2 oz	3 cups	2 lb 4 oz	1 qt 2 cups	
*Fresh onions, chopped	8 oz	1 1/2 cup	1 lb	3 cups	2. Add carrots and onions. Boil until vegetables are tender, approximately 10 minutes.
OR		OR	OR	OR	
Dehydrated onions		1/2 cup 2 Tbsp	3 oz	1 1/4 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	3/4 cup 3 Tbsp	8 oz	1 3/4 cups 2 Tbsp	
Lowfat 1% milk, hot		2 cups		1 qt	4. Slowly add hot milk. Continue to whisk until smooth.

Salt		1/4 tsp	1/2 tsp	<b>6.</b> Add salt, pepper, and hot sauce. Whisk to blend. Simmer until thickened, about 10 minutes, whisking occasionally.
Ground black or white pepper		1/8 tsp	1/4 tsp	
Hot pepper sauce		1/8 tsp	1/4 tsp	
Reduced fat cheddar cheese, shredded	1 lb 3 oz		2 lb 6 oz	<b>7.</b> Add cheese, whisking occasionally until cheese is melted.
Frozen chopped broccoli	1 lb		2 lb	<b>8.</b> Add broccoli. Stir occasionally. CCP: Heat to 165°F or higher. <b>9.</b> CCP: Hold at 140°F or warmer. Portion with 4 oz ladle (½ cup).

### Notes

\* See Marketing Guide

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

Serving	Yield	Volume
½ cup (4 oz ladle) provides ¾ oz cheese and ¼ cup of vegetable.	<b>25 Servings:</b> 7 lb 4 oz	<b>25 Servings:</b> 3 quarts ½ cup
	<b>50 Servings:</b> 14 lb 8 oz	<b>50 Servings:</b> 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