

# Vegetable Soup

Meal Components: Vegetable, Vegetable - Red / Orange, Vegetable - Other

Soups & Stews, H-04

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or beef stock, non-MSG		2 gal		4 gal	<ol style="list-style-type: none"> <li>Combine stock, tomatoes, celery, onions, pepper, parsley, and granulated garlic. Bring to boil.</li> <li>Reduce heat and cover. Simmer for 20</li> </ol>
Canned low-sodium diced tomatoes, with juice	6 lb 6 oz	3 qt 1/2 cup (1 No. 10 can)	12 lb 12 oz	1 gal 2 1/4 qt (2 No. 10 cans)	
*Fresh celery, chopped	10 oz	2 1/2 cups	1 lb 4 oz	1 qt 1 cup	
*Fresh onions, chopped	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	
Ground black or white pepper		1 tsp		2 tsp	
Dried parsley		1/4 cup		1/2 cup	
Granulated garlic		2 Tbsp		1/4 cup	

Canned low-sodium added liquid pack whole-kernel corn, drained	1 lb 2 1/2 oz	2 3/4 cups (1/4 No. 10 can)	2 lb 5 oz	1 qt 1 1/2 cups (1/2 No. 10 can)	<b>3.</b> Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)
OR	OR	OR	OR	OR	
Frozen whole-kernel corn	1 lb 2 oz	3 cups 2 Tbsp	2 lb 4 oz	1 qt 2 1/4 cups	
Canned low-sodium diced carrots, drained	1 lb 2 oz	2 1/2 cups (1/4 No. 10 can)	2 lb 4 oz	1 qt 1 cup (1/2 No. 10 can)	
OR	OR	OR	OR	OR	
Frozen sliced carrots	1 lb 6 oz	1 qt 3/4 cup	2 lb 12 oz	2 qt 1 1/2 cups	
Canned low-sodium cut green beans, drained	15 oz	3 1/2 cups (1/4 No. 10 can)	1 lb 14 oz	1 qt 3 cups	
OR	OR	OR	OR	OR	
Frozen cut green beans	15 oz	3 1/2 cups	1 lb 14 oz	1 qt 3 cups	
Canned low-sodium canned green peas, drained	1 lb 1 1/2 oz	2 1/2 cups (1/4 No. 10 can)	2 lb 3 oz	1 qt 1 cup (1/2 No. 10 can)	
OR	OR	OR	OR	OR	
Frozen green peas	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	

**4.** Cover and simmer for 15 minutes, or until vegetables are tender. CCP: Heat to 165° F or

5. Pour 9 lb 1 ¼ oz (1 gal ? cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.

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

### Notes

Comments:

\*See Marketing Guide.

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

### Marketing Guide

Food as Purchased for	50 Servings	50 Servings
Celery	12 oz	1 lb 8 oz
Mature onions	1 lb 3 oz	2 lb 6 oz

Serving	Yield	Volume
1 cup (8 oz ladle) provides 1/4 cup red/orange vegetable, 1/8 cup other vegetable and 1/8 cup additional vegetable.	<b>50 Servings:</b> about 27 lb 4 oz  <b>100 Servings:</b> about 54 lb 8 oz	<b>50 Servings:</b> about 3 gallons 2 cups  <b>100 Servings:</b> about 6 gallons 1 quart

Nutrients Per Serving					
Calories	58	Saturated Fat	0.12 g	Iron	1.08 mg
Protein	3.24 g	Cholesterol	1 mg	Calcium	29 mg
Carbohydrate	11.52 g	Vitamin A	1906 IU	Sodium	369 mg
Total Fat	0.63 g	Vitamin C	13.3 mg	Dietary Fiber	1.8 g