

# *SOUPS*

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil		1/3 cup		2/3 cup	3 ¼ Tb	In a large stock pot or steam kettle heat oil over medium heat.
Onions, peeled, diced	4 #		8 #		2 #	Add onions, celery and carrots and cook until slightly tender, about 10 minutes.
Celery, diced	2 #		4 #		1 #	Add the garlic and cook an additional 2 minutes.
Carrot, diced, fresh or frozen *	4 #		8#		2 #	Add stock, soy sauce and hot sauce and bring to a boil.
Garlic, minced		3 Tb		4 Tb	2 Tb	Add barley and return to boil. Once boiling reduce heat and simmer 45 minutes until barley is tender.
Vegetable stock, low sodium		14 quart		28 quart	7 quart	Add the beans and return to simmer. Hold until service.
Soy sauce, reduced sodium		2 Tb		¼ cup	3 tsp	Serve 1 cup soup per person.
Hot pepper sauce		2 tsp		1 Tb + 1 tsp	1 tsp	
Barley, pearl		4 ½ cup		9 cup	2 ¼ cup	
Dry, canned, beans, rinse and drain*	7.5 #		15 #		3 ¾ #	

\* denotes USDA commodity product taken from *Food Buying Guide for Child Nutrition Programs*

Nutrients Per Serving

Serving Size: 419.5 g (14.8 oz-wt.)

Calories	194.1
Protein	7.9 g
Carbohydrates	35.3 g
Dietary Fiber	7.8 g
Total Fat	3.0 g
Saturated Fat	0.3 g
Cholesterol	0.0 mg
Vitamin A IU	8090.3 IU
Vitamin C	6.7 mg
Calcium	68.8 mg
Iron	1.9 mg
Sodium	356.7 mg

Approximate preparation time: 40 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion  
provides ½ cup of vegetable

Family Size Recipe Name: “Barley Bean Soup”  
can be found in the appendix.

Recipe source: Produce for Better Health Foundation

Adapted recipe courtesy of the Produce for Better Health  
Foundation. For more information, please visit the Produce  
Marketing Association’s Web site: [www.aboutproduce.com](http://www.aboutproduce.com)

**NOTES**



Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Olive oil		¼ cup		½ cup	2 Tb	Heat oil in steam kettle or large stock pot.
Onion, fresh or frozen, small diced	2 #		4 #		1#	Add onion, celery, and carrots and sweat over medium high heat for 10 minutes.
Carrot, diced, fresh or frozen*	2 #		4 #		1 #	Add mushroom, garlic, tomatoes and bay leaf and bring to simmer.
Celery, small diced	2 #		4#		1 #	Drain beans and reserve liquid.
Mushrooms, sliced, canned	24 oz		48 oz		12 oz	Add beans to soup with reserved liquid and vegetable broth and return to simmer.
Garlic, minced		3 Tb		1/3 cup	1 ½ Tb	Add macaroni and cook for 10-15 minutes, or just until macaroni is tender.
Tomatoes, diced, and reserve juice *		1- #10 can		2- #10 cans	6 cups	Add sage, thyme, oregano and black pepper and serve.
Vegetable Stock, low sodium		1 gallon		2 gallon	2 quart	Serve 1 cup (8 oz ladle or #4 scoop)
Bay leaf	3 each		6 each		2 each	
Dry Canned Beans *	104 oz		208 oz		52 oz	
Macaroni *	4 #		8 #		2 #	
Sage, ground		2 tsp		1 Tb +1 tsp	1 tsp	
Thyme, dry		2 tsp		1 Tb + 1 tsp	1 tsp	
Oregano, dry		1 tsp		2 tsp	½ tsp	
Black pepper, ground		1 tsp		2 tsp	½ tsp	

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Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Butter	8 oz		16 oz		4 oz	Melt butter in large stockpot or tilt steam kettle.
Onions, Spanish, diced	3 #		6 #		1 ½ #	Sweat onions in butter 5 minutes over medium heat
Celery, diced	2 #		4 #		1 #	Add celery to onions and sweat over medium heat for 10 minutes.
Potatoes, diced *	8 #		16 #		4 #	Add potatoes and salt stirring occasionally for 5 minutes.
Flour, all purpose		½ cup		1 cup	¼ cup	Add flour to potatoes, coating evenly.
Water		3 qt		1.5 gallon	1.5 quart	Over medium heat cook flour 5 minutes, using caution not to burn flour. Slowly add water and stir well being sure to loosen any flour sediment on the base of the pan.
Bay leaves, dry		4 bay leaf		8 bay leaf	2 bay leaf	Add bay leaves and gently simmer until potatoes slightly tender.
Corn, frozen kernel *	4 #		8 #		2 #	Once potatoes are tender add corn and milk to the chowder and heat through. Do not boil once milk is added.
Milk, 2%		2 quart		1 gallon	1 quart	Add white pepper, and adjust seasoning with a dash of salt if necessary.
Parsley, dried		2 Tb		¼ cup	1 Tb	Finish chowder with chopped parsley.
White pepper, ground		2 tsp		4 tsp	1 tsp	Serve 8 oz. (1 cup) soup per person

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TITLE: Fruit Soup

Recipe H-11

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
100% Orange juice *		1.5 gallon		3 gallon	3 quart	Place all ingredients into food processor and blend until creamy and smooth. Serve 1 cup soup per person.
Skim milk		2 quart		1 gallon	1 quart	
Yogurt, non-fat plain		6 ½ quart		13 quart	3 ¼ quart	
Lemon juice		1 cup		1 pint	½ cup	
Honey		2 cup		1 quart	1 cup	
Cinnamon		2 tsp		1 ¼ Tb	1 tsp	
Nutmeg		2 tsp		1 ¼ Tb	1 tsp	
Blueberries, IQF frozen * Any fresh or frozen (thawed) fruit or canned fruit, sliced and seeded  (apples, blackberries, strawberries, raspberries, bananas. Apricots, tangerines, melon, kiwi, cherries, pears or pineapple)		3 quart		1 ½ gallon	6 cups	

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Nutrients Per Serving

Serving Size: 332.1 g (11.7 oz-wt.)

Calories	228.8
Protein	8.8 g
Carbohydrates	46.4 g
Dietary Fiber	1.3 g
Total Fat	2.1 g
Saturated Fat	1.0 g
Cholesterol	6.4 mg
Vitamin A IU	268.1 IU
Vitamin C	43.8 mg
Calcium	266.6 mg
Iron	0.4 mg
Sodium	99.7 mg

Approximate preparation time: 15 minutes

5 A Day Serving: 1 serving

Child Nutrition Program Serving: 1 portion provides  
½ cup of fruit and ½ cup yogurt as meat/meat  
alternate

Family Size Recipe Name: “Fruit Soup”  
can be found in the appendix.

Recipe source: Produce for Better Health Foundation

NOTES



Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Frozen Vegetables (mixture of carrots, potatoes, peas, green beans, corn) *	6#		12#		3#	Combine all ingredients in large tilt skillet, stock pot or Dutch oven. Bring to a boil.
Onion, diced, ready to use	2 #		4 #		1#	
Green pepper, diced	1 #		2 #		1/2#	Cover and reduce heat to simmer for 30-45 minutes. Remove bay leaf before serving.
Tomato juice, low sodium, cnd *		4- 48 oz cans		8- 48 oz cans	2- 48 oz cans	
Water		1 quart		2 quart	2 cups	Serve $\frac{3}{4}$ cup of soup per person.
Mushrooms, canned, sliced	24 oz		48 oz		12 oz	
Bay leaf		5 each		8 each	3 each	

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Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Olive Oil		2 Tb		¼ cup	1 Tb	In large stockpot or steam kettle lightly sweat onion in olive oil 5 minutes over medium heat.
Onion, Spanish, diced	2 #		4 #		1 #	Add carrots and broccoli and cook stirring occasionally 5 minutes.
Carrots, diced, fresh or frozen *	2 #		4 #		1 #	Add zucchini, tomatoes (with juice), water and chicken broth and bring to boil.
Broccoli, Fresh or frozen, chopped	2 #	3 quart	4 #	6 quart	6 cup or 1#	Add pasta and beans to vegetables and cook 10 minutes or until pasta is al dente.
Zucchini, diced	1.5 #		3 #		3 cup	While pasta is cooking prepare Pesto to finish soup.
Tomatoes, cnd, no salt, chopped, reserve juice for soup		1- #10 can		2- #10 can	3.2 # or ½ #10 can	In blender, food processor or robocoupe add the fresh basil, parsley, garlic, parmesan cheese and olive oil.
Water		1 gallon		2 gallon	2 quart	Puree until smooth and uniformly blended.
Chicken Broth, low sodium		1 gallon		2 gallon	2 quart	If too thick a few drops of water can be added to help smooth consistency.
Kidney Beans, cnd, drained and rinsed*	6 #		12 #		3 #	Just before service remove soup from heat and stir in pesto. Serve 1 cup soup per person
Elbow macaroni or small shells *	2 #		4 #		1 #	If desired, soup can be garnished individually by adding ½ tsp dollop of pesto.
<b>For Pesto</b> Basil, fresh leaves, washed		1 qt		2 qt	2 cup	
Italian Parsley or Curly Parsley, fresh leaves, washed		1 qt		2 qt	2 cup	
Garlic Cloves, peeled		¼ cup		½ cup	1/8 cup	
Parmesan Cheese, finely grated		3 Tb		1/3 cup	1 ½ Tb	
Olive Oil		2 Tb		¼ cup	1 Tb	

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Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Oil, olive or canola		¼ cup		½ cup	2 Tb	Heat oil in large stockpot.
Onion, diced	2 #		4 #		2 each or 1 #	Skin and dice onion. Sweat for 5 minutes over medium high heat.
Celery, diced	1 #		2#		8 stalk or ½ #	Add diced celery and diced carrots and sweat an additional 10 minutes.
Carrot, diced	1.75 #		3.5 #		4 each or ¾ #	Add chopped spinach and minced garlic and continue to simmer covered for 2 minutes.
Garlic cloves, minced		2 Tb		¼ cup	1 Tb	Add diced tomatoes and chickpeas and return to simmer.
Spinach, stems removed, washed, roughly chopped	2 #		4 #		1 #	Add tomato sauce and vegetable broth and heat thoroughly.
Tomatoes, canned diced*	6 #	1- #10 can	12 #	2- #10 cans	3 # or ½ #10 can	Finish soup with dry basil. Adjust seasoning with salt and pepper.
Chick peas, canned*	4 #		8 #		2 #	
Tomato Sauce, low sodium		2-48oz cans		4-48 oz cans	48 fl oz	
Vegetable broth, low sodium		2 quart		1 gallon	1 quart	Serve 6 ounces (6 oz ladle or ¾ cup) portion size
Parmesan cheese		1.5 cup		3 cups	¾ cup	
Basil, dry leaves		4 tsp		2 ½ Tb	2 tsp	

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