

Multi-Bean Soup

Meat Alternate-Vegetable

Soups

H-04

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Dry Great Northern beans OR Dry Navy pea beans	5 oz	¾ cup	10 oz	1 ½ cups	1. Soak all beans in water for 20-30 minutes. Thoroughly drain and discard water. Rinse beans and drain thoroughly.
	OR	OR	OR	OR	
Dry pinto beans	5 oz	¾ cup	10 oz	1 ½ cups	
Dry kidney beans	2 oz	¼ cup	4 oz	½ cup	
Water (for soaking beans)	2 oz	⅓ cup	4 oz	⅔ cup	
Chicken stock, non-MSG		1 qt		2 qt	
		3 qt 1 ½ cups		1 gal 2 ¾ qt	2. In a heavy pot, combine soaked beans, chicken stock, bay leaves, thyme, and granulated garlic. Bring to a boil over medium heat. Reduce heat, cover, and simmer until the beans are tender, about 50 minutes.
Dried bay leaf		1 each		2 each	
Dried thyme		¼ tsp		½ tsp	
Granulated garlic		¼ tsp		½ tsp	
*Fresh potatoes, ½" diced	8 oz	1 ½ cups	1 lb	3 cups	
*Fresh carrots, ½" chopped					3. Add potatoes, carrots, celery, and onions. Simmer, covered, until tender, about 20 minutes.
*Fresh carrots, ½" chopped	5 oz	1 cup 3 Tbsp	10 oz	2 ¼ cups 2 Tbsp	
*Fresh celery, ¼" diced	3 ½ oz	¾ cup 1 Tbsp	7 oz	1 ½ cups 2 Tbsp	
*Fresh onions, chopped OR Dehydrated onions	3 oz	½ cup OR ¼ Tbsp	6 oz	1 cup OR ½ cup	
Lowfat 1% milk, hot		1 ¼ cups		2 ½ cups	
					4. Add hot milk, salt, and pepper. Return to a simmer and cook, uncovered, for 15 minutes.
					CCP: Heat to 165° F or higher.
Salt		⅛ tsp		¼ tsp	
Ground black or white pepper		⅛ tsp		¼ tsp	

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5. Remove bay leaves.

CCP: Hold at 140° F or warmer.

Portion with 4 oz ladle (½ cup).

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Potatoes	10 oz	1 lb 4 oz
Carrots	6 oz	12 oz
Celery	5 oz	10 oz
Mature onions	4 oz	8 oz

SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) provides ⅛ cup of cooked dry beans or the equivalent of ½ oz cooked lean meat and ⅛ cup of vegetable.	25 Servings: 6 lb 1 oz 50 Servings: 12 lb 2 oz	25 Servings: 3 quarts ½ cup 50 Servings: about 1 gallon 2 ¼ quarts
	Tested 2004	

Special Tips:

- 1) If a softer bean is desired, beans may be soaked overnight.
- 2) If desired, soup may be made with canned beans. For 25 servings, substitute a total of 3 ⅛ cups of canned beans, drained. For 50 servings, substitute a total of 1 qt 2 ¼ cups of canned beans, drained.

Nutrients Per Serving

Calories	47	Saturated Fat	0.12 g	Iron	0.70 mg
Protein	2.76 g	Cholesterol	1 mg	Calcium	34 mg
Carbohydrate	8.77 g	Vitamin A	1298 IU	Sodium	36 mg
Total Fat	0.31 g	Vitamin C	1.6 mg	Dietary Fiber	2.2 g