

# Tomato Pasta Soup

Vegetable-Grains/Breads

Soups

H-06

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Canned tomato juice		1 qt 2 cups		3 qt	1. In a heavy pot, combine tomato juice, milk, bay leaves, tomato paste, sugar, Worcestershire sauce, celery salt, and pepper. Simmer for 10 minutes. Remove bay leaves.  CCP: Heat to 140° F or higher.
Lowfat 1% milk		1 qt		2 qt	
Dried bay leaf		2 each		4 each	
Canned tomato paste	2 oz	¼ cup (⅓ 12 oz can plus 2 Tbsp)	4 oz	½ cup (⅓ 12 oz can plus 2 Tbsp)	
Sugar		2 Tbsp		¼ cup	
Worcestershire sauce		1 Tbsp		2 Tbsp	
Celery salt		½ tsp		1 tsp	
Ground black or white pepper		⅛ tsp		¼ tsp	
Enriched elbow macaroni OR Enriched alphabet pasta OR Enriched orzo	11 ½ oz OR 11 ½ oz OR 11 ½ oz	2 ⅔ cups OR 2 cups OR 1 ⅔ cups	1 lb 7 oz OR 1 lb 7 oz OR 1 lb 7 oz	1 qt 1 ⅓ cups OR 1 qt OR 3 ⅓ cups	

SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) provides ¼ cup of vegetable and the equivalent of ½ slice of bread.	<b>25 Servings:</b> 6 lb 13 ½ oz  <b>50 Servings:</b> 13 lb 11 oz  Tested 2004	<b>25 Servings:</b> 3 quarts ½ cup  <b>50 Servings:</b> about 1 gallon 2 ¼ quarts

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Special Tips:

- 1) For variety, use a combination of all three types of pasta. For 25 servings, use 11 ½ oz. For 50 servings, use 1 lb 7 oz.
- 2) Garnish with grated cheese.

Nutrients Per Serving					
<b>Calories</b>	88	<b>Saturated Fat</b>	0.30 g	<b>Iron</b>	0.99 mg
<b>Protein</b>	3.69 g	<b>Cholesterol</b>	2 mg	<b>Calcium</b>	58 mg
<b>Carbohydrate</b>	16.97 g	<b>Vitamin A</b>	465 IU	<b>Sodium</b>	278 mg
<b>Total Fat</b>	0.73 g	<b>Vitamin C</b>	12.1 mg	<b>Dietary Fiber</b>	0.9 g