

Bean Soup

Meat Alternate-Vegetable

Soups

H-08

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or ham stock, non-MSG		1 qt 3 ½ cups		3 qt 3 cups	<ol style="list-style-type: none"> In a heavy pot, combine stock, beans, tomato paste, onions, celery, carrots, pepper, parsley, and ham (optional). Bring to a boil. (If desired, liquid from cooked beans may be used as part of the stock.) Reduce heat. Cover. Simmer for 20 minutes or until vegetables are tender. CCP: Heat to 165° F or higher. Combine flour and cold water. Mix until smooth. Slowly add to stock mixture. Stir well and cook over medium heat until thickened, 10-12 minutes. CCP: Hold at 140° F or warmer. Portion with 4 oz ladle (½ cup).
*Cooked dry Navy beans (see preparation note)	3 lb 7 oz	1 qt 2 ½ cups	6 lb 14 oz	3 qt 1 cup	
Canned tomato paste	4 oz	¼ cup 3 Tbsp (⅓ 12 oz can)	8 oz	¾ cup 2 Tbsp (⅔ 12 oz can)	
*Fresh onions, chopped OR Dehydrated onions	3 ½ oz	½ cup 1 Tbsp OR ¼ cup 1 Tbsp	7 oz OR 1 ¼ oz	1 ¼ cups OR ½ cup 2 Tbsp	
*Fresh celery, chopped	4 oz	1 cup	8 oz	2 cups	
*Fresh carrots, chopped	4 oz	1 cup	8 oz	2 cups	
Ground black or white pepper		¼ tsp		½ tsp	
Dried parsley		1 Tbsp		2 Tbsp	
Cooked ham, diced (optional)	4 oz		8 oz		
Enriched all-purpose flour	2 oz	½ cup	4 oz	1 cup	
Water, cold		½ cup		1 cup	

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Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Dry Navy beans	1 lb 3 oz	2 lb 6 oz
Mature onions	4 oz	8 oz
Celery	5 oz	10 oz
Carrots	5 oz	10 oz

SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) provides ¼ cup of cooked dry beans or the equivalent of 1 oz cooked lean meat and ⅛ cup of vegetable.	25 Servings: 6 lb 5 ½ oz	25 Servings: 3 quarts ½ cup
	50 Servings: 12 lb 11 oz	50 Servings: about 1 gallon 2 ¼ quarts
	Tested 2004	

PREPARATION NOTE: SOAKING BEANS

Overnight method: Add 1 ¾ qt cold water to each pound of dry beans. Cover and refrigerate overnight.

Quick-soak method: Boil 1 ¾ qt water for each pound of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour.

COOKING BEANS

Once the beans have been soaked and drained, add 1 ¾ qt water and ½ tsp salt to each pound of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately or,
CCP: Hold for hot service at 135° F or higher.

OR

Chill for later use. If chilling:
CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 hours.

1 lb Navy beans=about 2 ¼ cups dry or 6 cups cooked pinto beans.

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Nutrients Per Serving

Calories	107	Saturated Fat	0.11 g	Iron	1.84 mg
Protein	6.07 g	Cholesterol	0 mg	Calcium	51 mg
Carbohydrate	20.24 g	Vitamin A	1141 IU	Sodium	27 mg
Total Fat	0.46 g	Vitamin C	3.7 mg	Dietary Fiber	4.5 g