

Cream of Vegetable Soup

Vegetable

Soups

H-09

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Margarine or butter	4 oz	½ cup	8 oz	1 cup	<ol style="list-style-type: none"> In a heavy pot, melt margarine or butter. Add onions and celery (optional). Cook over medium heat for 5-10 minutes. Blend in flour and cook over medium heat, stirring constantly until light brown 5 minutes. Slowly stir in milk, stock, pepper, basil (optional), parsley (optional), and granulated garlic. Blend well and bring to boil. Reduce heat. Simmer, uncovered, stirring frequently until slightly thickened, 10-15 minutes. Add vegetables. Cook over medium heat, until heated through, 5-10 minutes. <p>CCP: Heat to 165° F or higher.</p> <p>CCP: Hold at 140° F or warmer.</p> <p>Portion with 4 oz ladle (½ cup).</p>
*Fresh onions, chopped OR Dehydrated onions	3 ½ oz	¾ cup 2 Tbsp OR ¼ cup 1 Tbsp	7 oz	1 ¼ cups OR ½ cup 2 Tbsp	
*Fresh celery, chopped (optional)	2 oz	½ cup	4 oz	1 cup	
Enriched all-purpose flour	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp	
Instant nonfat dry milk, reconstituted		2 cups		1 qt	
Chicken stock, non-MSG		1 qt 2 ¼ cups		3 qt 2 ½ cups	
Ground black or white pepper		¼ tsp		½ tsp	
Dried basil (optional)		¾ tsp		1 ½ tsp	
Dried parsley (optional)		1 Tbsp		2 Tbsp	
Granulated garlic		¾ tsp		1 ½ tsp	
Canned mixed vegetables, drained	2 lb 7 oz	1 qt 2 ¾ cups (2 No. 2-½ cans)	4 lb 14 oz	3 qt 1 ½ cups (4 No. 2-½ cans)	

* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	4 oz	8 oz
Celery (optional)	3 oz	6 oz

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SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) provides ¼ cup of vegetable.	25 Servings: 6 lb 13 oz	25 Servings: 3 quarts ½ cup
	50 Servings: 13 lb 10 oz	50 Servings: about 1 gallon 2 ¼ quarts
Tested 2004		

Nutrients Per Serving					
Calories	80	Saturated Fat	0.79 g	Iron	0.70 mg
Protein	2.46 g	Cholesterol	0 mg	Calcium	38 mg
Carbohydrate	9.15 g	Vitamin A	5326 IU	Sodium	135 mg
Total Fat	3.87 g	Vitamin C	2.5 mg	Dietary Fiber	1.5 g