

Chicken or Turkey Rice Soup

Meat-Grains/Breads

Soups

H-10A

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or turkey stock, non-MSG		3 qt 3 cups		1 gal 3 ½ qt	1. In a heavy pot, combine stock, celery, carrots (optional), onions, parsley (optional), pepper, and poultry seasoning. Bring to boil. Reduce heat and cover. Simmer for 20 minutes. 2. Add rice and chicken or turkey. Return to simmer. Cover. Simmer for 20 minutes. CCP: Heat to 165° F or higher. 3. CCP: Hold at 140° F or warmer. Portion with 4 oz ladle (½ cup).
*Fresh celery, chopped	6 oz	1 ½ cups	12 oz	3 cups	
*Fresh carrots, chopped (optional)	3 oz	¾ cup	6 oz	1 ½ cups	
*Fresh onions, chopped OR Dehydrated onions	3 oz	½ cup OR ¼ Tbsp	6 oz	1 cup OR ½ cup	
Dried parsley (optional)		1 Tbsp		2 Tbsp	
Ground black or white pepper		¼ tsp		½ tsp	
Poultry seasoning		¼ tsp		½ tsp	
Enriched white rice, medium grain	8 oz		1 lb		
*Cooked chicken or turkey, chopped	13 oz		1 lb 10 oz		

* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Celery	8 oz	1 lb
Carrots	4 oz	8 oz
Mature onions	4 oz	8 oz
Chicken, whole, without neck and giblets OR	2 lb 5 oz OR	4 lb 10 oz OR
Turkey, whole, without neck and giblets	1 lb 12 oz	3 lb 8 oz

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SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) provides ½ oz of cooked poultry and the equivalent of ¼ slice of bread.	25 Servings: 7 lb 1 oz	25 Servings: 3 quarts ½ cup
	50 Servings: 14 lb 2 oz	50 Servings: about 1 gallon 2 ¼ quarts
Tested 2004		

Nutrients Per Serving			
Calories	64	Saturated Fat	0.34 g
Protein	5.01 g	Cholesterol	13 mg
Carbohydrate	7.90 g	Vitamin A	16 IU
Total Fat	1.23 g	Vitamin C	0.5 mg
		Iron	0.60 mg
		Calcium	7 mg
		Sodium	32 mg
		Dietary Fiber	0.2 g