

Vegetable Soup

Vegetable

Soups

H-11

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or beef stock, non-MSG		2 qt 1 ¼ cups		1 gal 2 ½ cups	<p>1. In a heavy pot, combine stock, tomato paste, celery, onions, pepper, parsley, and granulated garlic. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes.</p> <p>2. Add corn, carrots, green beans, and green peas. (Frozen vegetables may be combined with canned vegetables.)</p> <p>3. Cover and simmer for 15 minutes, or until vegetables are tender.</p> <p>CCP: Heat to 165° F or higher.</p>
Canned tomato paste	6 oz	½ cup 2 Tbsp (½ 12 oz can)	12 oz	1 ¼ cups (1 12 oz can)	
*Fresh celery, chopped	4 oz	¾ cup 1 ½ tsp	8 oz	1 ½ cups 1 Tbsp	
*Fresh onions, chopped OR	4 oz	⅔ cup OR	8 oz	1 ⅓ cups OR	
Dehydrated onions		¼ cup 2 Tbsp		¾ cup	
Ground black or white pepper		¼ tsp		½ tsp	
Dried parsley		1 Tbsp		2 Tbsp	
Granulated garlic		1 ½ tsp		1 Tbsp	
Canned whole-kernel corn, liquid pack, drained OR	4 ½ oz	⅝ cup 1 Tbsp (½ No. 300 can) OR	9 oz	1 ⅝ cups (1 No. 300 can) OR	
Frozen whole-kernel corn	4 oz	½ cup 3 Tbsp	8 oz	1 ⅝ cups	
Canned diced carrots, drained OR	4 ½ oz	⅔ cup (½ No. 300 can) OR	9 oz	1 ⅓ cups (1 No. 300 can) OR	
Frozen sliced carrots	4 oz	¼ cup 2 Tbsp	8 oz	¾ cup	
Canned cut green beans, drained OR	3 ¾ oz	⅝ cup 1 Tbsp (½ No. 300 can) OR	7 ½ oz	1 ⅝ cups (1 No. 300 can) OR	
Frozen cut green beans	3 ¾ oz	¼ cup 3 Tbsp	7 ½ oz	¾ cup 2 Tbsp	
Canned green peas, drained OR	4 ½ oz	¾ cup (⅔ No. 300 can) OR	9 oz	1 ½ cups (1 ⅓ No. 300 cans) OR	
Frozen green peas	5 oz	¾ cup	10 oz	1 ½ cups	

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4. 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
Celery	5 oz	10 oz
Mature onions	5 oz	10 oz

SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) provides ¼ cup of vegetable.	25 Servings: 5 lb 3 oz	25 Servings: 3 quarts ½ cup
	50 Servings: 10 lb 6 oz	50 Servings: about 1 gallon 2 ¼ quarts
	Tested 2004	

Nutrients Per Serving

Calories	20	Saturated Fat	0.03 g	Iron	0.38 mg
Protein	0.87 g	Cholesterol	0 mg	Calcium	10 mg
Carbohydrate	4.28 g	Vitamin A	947 IU	Sodium	62 mg
Total Fat	1.05 g	Vitamin C	5.7 mg	Dietary Fiber	0.9 g