

**BLACK EYED PEA SOUP (S - 05)**

Portion Size – 1 Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
1 ½ lb. dry wt.	3 lb. dry wt.	6 lb. dry wt.	Black eyed peas, dry
3 qt.	1 ½ gal.	3 gal.	Water
14 oz.	1 lb. + 12 oz.	3 ½ lb.	Potatoes, peeled, diced
14 oz.	1 lb. + 12 oz.	3 ½ lb.	Celery, sliced
8 oz.	1 lb.	2 lb.	Carrots, sliced
¼ cup + 1 tbsp.	½ cup + 2 tbsp.	1 ¼ cup	Soy sauce, low sodium
6 oz.	12 oz.	1 ½ lb.	Onion, chopped
½ tbsp.	1 tbsp.	2 tbsp.	Garlic, diced
½ tbsp.	1 tbsp.	2 tbsp.	Black pepper
½ tbsp.	1 tbsp.	2 tbsp.	Basil, dried
½ tbsp.	1 tbsp.	2 tbsp.	Dill weed, dried

METHOD

**STEP 1**

Soak black eyed peas, following the procedure for soaking beans in Helpful Hints section.

**STEP 2**

Drain off soaking water from black eyed peas. Place in cooking vessel.

**STEP 3**

Add remaining ingredients. Bring to a boil. Boil for 2 minutes.

**STEP 4**

Reduce heat to medium low. Simmer 1 – 2 hours over medium heat until beans are tender. Stir occasionally, mashing beans and potatoes against sides of cooking vessel to thicken soup.

**STEP 5**

Pour into serving pans.

**STEP 6**

Portion with an 8 oz. ladle.

**COMPONENTS PER PORTION**

½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
<b>Calories</b>	97
<b>Protein</b>	5.74 g
<b>Carbohydrates</b>	18.40 g
<b>Fat-total</b>	0.41 g
<b>Saturated Fat</b>	0.10 g
<b>Cholesterol</b>	0 mg
<b>Vitamin A (RE)</b>	259 RE
<b>Vitamin C</b>	5.8 mg
<b>Iron</b>	1.91 mg
<b>Calcium</b>	30 mg
<b>Sodium</b>	121 mg
<b>Fiber</b>	5.02 g
<b>% Protein</b>	23.66
<b>% Carbohydrate</b>	75.87
<b>% Total Fat</b>	3.79
<b>% Saturated Fat</b>	0.94

# Chartwells School Dining Services

**000726 - Broccoli Cheese Soup**

Source: S- 07  
 Number of Portions: 100  
 Size of Portion: CUP

Meat/Alt 0 oz.  
 Grain/Bread 0 SRV.  
 F/V/J 0.25 Cup  
 Milk 0 FLOZ

Alternate Menu Name: S-07

011284 ONIONS,DEHYDRATED FLAKES..... 004044 OIL,SOYBN,SALAD OR COOKING.....	3 1/2 OZ 3 1/2 CUP	<p><b><u>STEP 1</u></b>                  Saute onions in vegetable oil over medium heat for 5 - 10 minutes.</p>
020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 001085 MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR S	2 LB + 2 OZ 1/2 GAL	<p><b><u>STEP 2</u></b>                  Blend in flour and cook over medium heat, stirring constantly until golden brown, 6 - 8 minutes.</p>
993369 Cheese sauce, Gehl's low fat cheddar..... 993339 WATER..... 002030 PEPPER,BLACK..... 002020 GARLIC POWDER..... 011092 BROCCOLI,FRZ,CHOPD,UNPREP.....	64 (1 fluid ounce) 2 GAL + 2 CUP 2 TSP 2 TBSP 10 LB	<p><b><u>STEP 3</u></b>                  Slowly stir in milk, cheese sauce, water, pepper, and garlic powder. Blend well and bring to boil. Reduce heat.  <b>CCP:</b> Simmer uncovered, stirring frequently until thickened and reaches 165 degrees F for 15 seconds.</p> <p><b><u>STEP 4</u></b>                  Add broccoli. Cook over medium heat until heated to 145 degrees F, for about 5 - 10 minutes. Do not heat over 180 degrees F to prevent curdling</p> <p><b><u>STEP 5</u></b>                  Pour into serving pans.  <b>CCP:</b> Hold hot at 140 degrees F until served.</p> <p><b><u>STEP 6</u></b>                  Portion with an 8 oz. ladle.</p>

Calories	141	Iron	0.86 Mg	Protein	3.37 G	9.56%	Calories from Prot
Cholesterol	0 Mg	Calcium	75 Mg	Carbohydrates	14.05 G	39.79%	Calories from Carb
Sodium	228 Mg	Vitamin A	1231 IU	Total Fat	8.52 G	54.32%	Calories from T Fat
Dietary Fiber	2.06 G	Vitamin C	26.4 Mg	Saturated Fat	1.32 G	8.38%	Calories from S Fat

\* - Denotes Missing Nutrient Values

# Chartwells School Dining Services

**007026 - Sauteed peppers & onions**

Source: BC/VF-75  
 Number of Portions: 50  
 Size of Portion: 1/2 Cup

Meat/Alt 0 oz.  
 Grain/Bread 0 SRV.  
 F/V/J 0 Cup  
 Milk 0 FLOZ

011333 PEPPERS,SWEET,GREEN,RAW..... 12 LB 990606 ONIONS,FRESH..... 13 LB + 8 OZ 004044 OIL,SOYBN,SALAD OR COOKING..... 1 CUP		Prep fresh peppers and onions by cutting them into thin slices. <b>CCP:</b> Wash all products before prepping.  <b>CCP:</b> Wear gloves to minimize food/bare hand contact.  <u><b>STEP 1</b></u>  Sautee peppers and onions in vegetable oil until they are tender and slightly carmelized.  <u><b>STEP 2</b></u>  <b>CCP:</b> Hold hot at 140 degrees F until served.
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Calories	107	Iron	0.64 Mg	Protein	2.36 G	8.82%	Calories from Prot
Cholesterol	0 Mg	Calcium	35 Mg	Carbohydrates	15.62 G	58.47%	Calories from Carb
Sodium	7 Mg	Vitamin A	403 IU	Total Fat	4.74 G	39.93%	Calories from T Fat
Dietary Fiber	4.06 G	Vitamin C	95.4 Mg	Saturated Fat	0.71 G	6.01%	Calories from S Fat
* - Denotes Missing Nutrient Values							



**VEGETABLE BEEF SOUP**

**(S - 100)**

**Portion Size – 1 Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
3 qt. + 3 cup	1 ¾ gal. + 2 cups	3 ¾ gal.	Beef stock, prepared from powder
12 ¾ oz.	1 lb. + 9 ½ oz.	4 lb. + 5 oz.	Ground beef, 85/15
½ #10 can	1 #10 can	2 #10 cans	Crushed tomatoes
5 oz.	10 oz.	1 lb. + 4 oz.	Celery, diced
1 ½ oz.	3 oz.	6 oz.	Onions, dehydrated flakes
½ tsp.	1 tsp.	2 tsp.	Pepper, black
2 tbsp.	¼ cup	½ cup	Parsley, dried
1 tbsp.	2 tbsp.	¼ cup	Garlic powder
1 ½ cup	3 cup	6 cup	Corn
1 ½ cup	3 cup	6 cup	Carrots
1 ½ cup	3 cup	6 cup	Green beans
1 ½ cup	3 cup	6 cup	Peas, green

**METHOD**

**STEP 1**  
Brown and drain beef. Add beef stock, tomatoes, celery, onions, pepper, parsley flakes, and garlic powder. Bring to boil.

**STEP 2**  
Reduce heat and cover. Simmer for 20 minutes.

**STEP 3**  
Add corn, carrots, green beans, and peas.

**STEP 4**  
Cover and simmer 15 minutes, or until vegetables are tender.

**STEP 5**  
Pour into serving pans.

**STEP 6**  
Portion with an 8 oz. ladle.

**COMPONENTS PER PORTION**

½ cup vegetables, 1/2 oz. meat/meat alternate

<u>NUTRIENT</u>	<u>Amount per Serving</u>
<b>Calories</b>	84
<b>Protein</b>	6.15 g
<b>Carbohydrates</b>	10.28 g
<b>Fat-total</b>	2.55 g
<b>Saturated Fat</b>	0.96 g
<b>Cholesterol</b>	11 mg
<b>Vitamin A (RE)</b>	170 RE
<b>Vitamin C</b>	10.51 mg
<b>Iron</b>	1.19 mg
<b>Calcium</b>	28.57 mg
<b>Sodium</b>	1035
<b>Fiber</b>	1.60 g
<b>% Protein</b>	29.08
<b>% Carbohydrate</b>	48.62
<b>% Total Fat</b>	27.13
<b>% Saturated Fat</b>	10.30



# CHICKEN OR TURKEY CORN CHOWDER

(S - 17)

Portion Size – 1 Cup (8 oz. Ladle)

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>25</u>	<u>50</u>	<u>100</u>	
1 1/3 cup + 1/2 tbsp.	2 3/4 cup	5 1/2 cup	Onions, chopped	
2 tbsp.	1/4 cup	1/2 cup	Oil	
1 qt. + 1 cup	2 qt. + 2 cup	5 qt.	Water	
1 1/2 cup	3 cup	6 cup	Celery, diced	
3 cup	1 qt. + 2 cup	12 cup	Carrots, diced	
1/2 #10 can	1 #10 cans	2 #10 cans	Corn, canned, drained	
6 1/4 cups (12 1/2 oz.)	3 qt. + 1/2 cup (1 lb. + 9 oz.)	6 qt. + 1 cup (3 lb. + 2 oz.)	Cooked diced chicken or turkey, Commodity	
2 1/2 cup	1 qt. + 1 cup	2 1/2 qt.	1% milk	
2 cup	1 qt.	2 qt.	Potatoes, peeled, diced	
1 tbsp.	2 tbsp.	1/4 cup	Garlic powder	
5/8 tsp.	1 1/4 tsp.	2 1/2 tsp.	Nutmeg, ground	
1/4 tsp.	1/2 tsp.	1 tsp.	Pepper, black	

## METHOD

### STEP 1

Saute onions in oil over medium-high heat until soft, about 5 minutes.

### STEP 2

Add water, celery, and carrots. Cook 10 minutes longer.

### STEP 3

Add corn, chicken or turkey, milk, potatoes, and spices. Continue cooking for another 20 minutes. Stir occasionally to prevent sticking.

### STEP 4

Pour into serving pans.

### STEP 5

Portion with an 8 oz. ladle.

## COMPONENTS

1/4 cup vegetables, 1/2 oz. meat/meat alternate

<u>NUTRIENT</u>	<u>Amount per Serving</u>
<b>Calories</b>	160
<b>Protein</b>	13.03 g
<b>Carbohydrates</b>	18.19 g
<b>Fat-total</b>	4.63 g
<b>Saturated Fat</b>	1.17 g
<b>Cholesterol</b>	33 mg
<b>Vitamin A (RE)</b>	686 RE
<b>Vitamin C</b>	8.68 mg
<b>Iron</b>	0.96 mg
<b>Calcium</b>	52.34 mg
<b>Sodium</b>	550 mg
<b>Fiber</b>	1.95 g
<b>% Protein</b>	32.49
<b>% Carbohydrate</b>	45.37
<b>% Total Fat</b>	26.00
<b>% Saturated Fat</b>	6.56

**CHICKEN VEGETABLE SOUP (S - 20)**

**Portion Size – 1 Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>25</u>	<u>50</u>	<u>100</u>	
3 qt. + 3 cup	1 ¾ gal. + 2 cups	3 ¾ gal.	Chicken stock, from powder	
12 ¾ oz.	1 lb. + 9 ½ oz.	3 lb. + 3 oz.	Cooked diced chicken	
½ #10 can	1 #10 can	2 #10 cans	Crushed tomatoes	
5 oz.	2 lb. + 8 oz.	1 lb. + 4 oz.	Celery, diced	
1 ½ oz.	3 oz.	6 oz.	Onions, dehydrated flakes	
½ tsp.	1 tsp.	2 tsp.	Pepper, black	
2 tbsp.	¼ cup	½ cup	Parsley, dried	
1 tbsp.	2 tbsp.	¼ cup	Garlic powder	
1 #10 can	2 #10 cans	4 #10 cans	Mixed vegetables, drained	

**METHOD**

**STEP 1**

Combine chicken stock, chicken, tomatoes, celery, onions, pepper, parsley, and garlic powder. Bring to a boil.

**STEP 2**

Reduce heat and cover. Simmer for 20 minutes.

**STEP 3**

Add vegetables.

**STEP 4**

Cover and simmer 15 minutes, or until vegetables are tender.

**STEP 5**

Pour into serving pans.

**STEP 6**

Portion with an 8 oz. ladle.

**COMPONENTS PER PORTION**

½ cup vegetables, 1/2 oz. meat/meat alternate

<u>NUTRIENT</u>	<u>Amount per Serving</u>
<b>Calories</b>	101
<b>Protein</b>	8.27 g
<b>Carbohydrates</b>	13.38 g
<b>Fat-total</b>	2.09 g
<b>Saturated Fat</b>	0.52 g
<b>Cholesterol</b>	12 mg
<b>Vitamin A (RE)</b>	960 RE
<b>Vitamin C</b>	12.12 mg
<b>Iron</b>	1.59 mg
<b>Calcium</b>	46.99 mg
<b>Sodium</b>	1143 mg
<b>Fiber</b>	3.08 g
<b>% Protein</b>	32.66
<b>% Carbohydrate</b>	58.83
<b>% Total Fat</b>	18.57
<b>% Saturated Fat</b>	4.65



**CORN CHOWDER****(S - 25)****Portion Size – 1 Cup (8 oz. Ladle)**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>25</u>	<u>50</u>	<u>100</u>	
1 1/3 cup + 1/2 tbsp.	2 3/4 cup	5 1/2 cup	Onions, chopped	
2 tbsp.	1/4 cup	1/2 cup	Oil	
1 qt. + 1 cup	2 qt. + 2 cup	5 qt.	Water	
1 1/2 cup	3 cup	6 cup	Celery, diced	
3 cup	1 qt. + 2 cup	12 cup	Carrots, diced	
1 #10 can	2 #10 cans	4 #10 cans	Creamed corn	
2 1/2 cup	1 qt. + 1 cup	2 1/2 qt.	1% milk	
2 cup	1 qt.	2 qt.	Potatoes, peeled, diced	
1 tbsp.	2 tbsp.	1/4 cup	Garlic powder	
5/8 tsp.	1 1/4 tsp.	2 1/2 tsp.	Nutmeg, ground	
1/4 tsp.	1/2 tsp.	1 tsp.	Pepper, black	
<b><u>COMPONENTS</u></b>				
1/2 cup vegetables				
<b><u>NUTRIENT</u></b>				
<b><u>Amount per Serving</u></b>				
<b>Calories</b>	131			
<b>Protein</b>	3.60 g			
<b>Carbohydrates</b>	28.80 g			
<b>Fat-total</b>	1.96 g			
<b>Saturated Fat</b>	0.40 g			
<b>Cholesterol</b>	0 mg			
<b>Vitamin A (RE)</b>	685 RE			
<b>Vitamin C</b>	11.4 mg			
<b>Iron</b>	0.74 mg			
<b>Calcium</b>	46 mg			
<b>Sodium</b>	371 mg			
<b>Fiber</b>	2.66 g			
<b>% Protein</b>	10.92			
<b>% Carbohydrate</b>	87.33			
<b>% Total Fat</b>	13.36			
<b>% Saturated Fat</b>	2.78			

**METHOD****STEP 1**

Saute onions in oil over medium-high heat until soft, about 5 minutes.

**STEP 2**

Add water, celery, and carrots. Cook 10 minutes longer.

**STEP 3**

Add creamed corn, milk, potatoes, and spices. Continue cooking for another 20 minutes. Stir occasionally to prevent sticking.

**STEP 4**

Pour into serving pans.

**STEP 5**

Portion with an 8 oz. ladle.

# Chartwells School Dining Services

**002367 - Creamy Chicken Soup**

Source: S- 30  
 Number of Portions: 100.0000  
 Size of Portion: 1 CUP

Meat/Alt 1 oz.  
 Grain/Bread 0 SRV.  
 F/V/J 0 Cup  
 Milk 0 FLOZ

004044 OIL,SOYBN,SALAD OR COOKING..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA	2 1/2 CUP 1 LB + 8 OZ	<p><b><u>STEP 1</u></b>                  Heat vegetable oil. Whisk in flour and cook mixture for 3 - 4 minutes. DO NOT BROWN.</p>
006480 SOUP,CHICKEN BROTH OR BOUILLON,DEHYD	1 GAL + 1 QT	<p><b><u>STEP 2</u></b>                  Slowly add chicken stock while continuously whisking. Simmer until smooth and thickened.</p>
001085 MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR S	4 GAL + 2 QT	<p><b><u>STEP 3</u></b>                  While soup is cooking, heat the skim milk.</p>
005360 CHICK,DICED,CKD,FROZEN-COMMOD..... 002032 PEPPER,WHITE.....	6 LB + 4 OZ 1 TBSP + 1 TSP	<p><b><u>STEP 4</u></b>                  Slowly add hot skim milk, chicken, and pepper.  <b>CCP:</b> Simmer for 15 - 20 minutes, heating mixture up to 165 degrees F (do not heat above 180 degrees F, to prevent curdling).</p> <p><b><u>STEP 5</u></b>                  Pour into serving pans.  <b>CCP:</b> Hold hot at 140 degrees F for service.</p> <p><b><u>STEP 6</u></b>                  Portion with an 8 oz. ladle.</p>

Calories	191	Iron	0.74 Mg	Protein	15.08 G	31.52% Calories from Prot
Cholesterol	29 Mg	Calcium	229 Mg	Carbohydrates	14.30 G	29.87% Calories from Carb
Sodium	395 Mg	Vitamin A	383 IU	Total Fat	8.05 G	37.82% Calories from T Fat
Dietary Fiber	0.21 G	Vitamin C	0.0 Mg	Saturated Fat	1.64 G	7.70% Calories from S Fat
* - Denotes Missing Nutrient Values						

# Chartwells School Dining Services

**007031 - Creamy Turkey Soup**

Source: S- 35  
 Number of Portions: 100.0000  
 Size of Portion: 1 CUP

Meat/Alt 1 oz.  
 Grain/Bread 0 SRV.  
 F/V/J 0 Cup  
 Milk 0 FLOZ

004044 OIL,SOYBN,SALAD OR COOKING..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA	2 1/2 CUP 1 LB + 8 OZ	<p><b><u>STEP 1</u></b>                  Heat vegetable oil. Whisk in flour and cook mixture for 3 - 4 minutes. DO NOT BROWN.</p>
006480 SOUP,CHICKEN BROTH OR BOUILLON,DEHYD	1 GAL + 1 QT	<p><b><u>STEP 2</u></b>                  Slowly add chicken stock while continuously whisking. Simmer until smooth and thickened.</p>
001085 MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR S 005620 TURKEY,DICED,CKD,FROZEN-COMMOD.....	4 GAL + 2 QT 6 LB + 4 OZ	<p><b><u>STEP 3</u></b>                  While soup is cooking, heat the skim milk.</p>
002032 PEPPER,WHITE.....	1 TBSP + 1 TSP	<p><b><u>STEP 4</u></b>                  Slowly add hot skim milk, turkey, and pepper. Simmer for 15 - 20 minutes, heating mixture up to 165 degrees F (do not heat above 180 degrees F, to prevent curdling).</p> <p><b><u>STEP 5</u></b>                  Pour into serving pans. <b>CCP:</b> Hold hot at 140 degrees F for service.</p> <p><b><u>STEP 6</u></b>                  Portion with an 8 oz. ladle.</p>

Calories	187	Iron	0.95 Mg	Protein	15.18 G	32.43%	Calories from Prot
Cholesterol	26 Mg	Calcium	232 Mg	Carbohydrates	14.30 G	30.54%	Calories from Carb
Sodium	392 Mg	Vitamin A	368 IU	Total Fat	7.47 G	35.92%	Calories from T Fat
Dietary Fiber	0.21 G	Vitamin C	0.0 Mg	Saturated Fat	1.57 G	7.55%	Calories from S Fat
* - Denotes Missing Nutrient Values							

# Chartwells School Dining Services

## 007041 - Creamy Vegetable Soup

Source: S- 40  
 Number of Portions: 50  
 Size of Portion: 1 Cup

Meat/Alt 0 oz.  
 Grain/Bread 0 SRV.  
 F/V/J 0.25 Cup  
 Milk 0 FLOZ

004044 OIL,SOYBN,SALAD OR COOKING..... 011282 ONIONS,RAW..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 001155 MILK,DRY,NONFAT,INST,WO/ VIT A..... 044188 SOUP,CHICKEN BROTH,LO SODIUM,CND..... 002030 PEPPER,BLACK..... 090017 GARLIC,GRANULATED.....	1 3/4 CUP 14 OZ, chopped 1 LB 2 QT 2 GAL + 1 QT 1 TSP 1 TBSP	1. Melt margarine or butter. Add onions and celery (optional). Cook over medium heat for 5-10 minutes.  2. Blend in flour and cook over medium heat, stirring constantly until light brown, 5 minutes.  3. 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.  4. Add vegetables. Cook over medium heat until heated through, 5-10 minutes.  <b>CCP: Heat to 165°F or higher for at least 15 seconds.</b>  5. Pour 9 lb 2 oz (1 gal 2/3 cup) into a medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.  6. <b>CCP: Hold for hot service at 140°F or higher.</b>  Portion with 8 oz ladle (1 cup).
011581 VEGETABLES,MXD,CND,DRND SOL.....	1 1/4 #10 CAN, drained	4. Add vegetables. Cook over medium heat until heated through, 5-10 minutes.  <b>CCP: Heat to 165°F or higher for at least 15 seconds.</b>  5. Pour 9 lb 2 oz (1 gal 2/3 cup) into a medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.  6. <b>CCP: Hold for hot service at 140°F or higher.</b>  Portion with 8 oz ladle (1 cup).
		<p style="text-align: center;"><b><u>Serving</u></b></p> 1 cup (8 oz ladle) provides ¼ cup of vegetable.  <p><b><u>Recipe Variations</u></b></p> For cream of broccoli soup, use chopped frozen broccoli in place of mixed vegetables. Provides 138 calories, 2 mg cholesterol, 1229 gm sodium, 1.74 g fiber, 0.87 mg iron, 80.80 mg calcium, 276 RE vitamin A, 26 .76 mg vitamin C, 4.42 g protein (12.84%), 13.45 g carbohydrates (39.05%), 7.78 g fat (50.83%), 1.52 g saturated fat (9.90%). Provides ¼ cup vegetables.  For cream of potato soup, use prepared mashed potatoes in place of mixed vegetables. Provides 162 calories, 2 mg cholesterol, 1224 gm sodium, 1.2 g fiber, 0.77 mg iron, 69.46 mg calcium, 95 RE vitamin A, 2.54 mg vitamin C, 4.06 g protein (10.03%), 17.22 g carbohydrates (42.57%), 8.65 g fat (48.10%), 1.80 g saturated fat (10.03%). Provides ¼ cup vegetables.

Calories	194	Iron	1.35 Mg	Protein	9.54 G	19.65%	Calories from Prot
Cholesterol	2 Mg	Calcium	157 Mg	Carbohydrates	18.61 G	38.34%	Calories from Carb
Sodium	182 Mg	Vitamin A	5491 IU	Total Fat	8.96 G	41.54%	Calories from T Fat
Dietary Fiber	1.80 G	Vitamin C	3.5 Mg	Saturated Fat	1.48 G	6.87%	Calories from S Fat

# Chartwells School Dining Services

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Recipe Master List

Aug 19, 2007

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\* - Denotes Missing Nutrient Values

**DILLED SPLIT PEA SOUP (S-45)**

**Portion Size – 1 Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
1 ¼ gal.	2 ½ gal.	5 gal.	Water
2 ½ cup	1 qt. + 1 cup	2 ½ qt.	Split peas, dry
1 ¼ cup	2 ½ cup	1 qt. + 1 cup	Carrots, finely diced
½ cup + 2 tbsp.	1 ¼ cup	2 ½ cup	Onion, dehydrated flakes
5/8 tsp.	1 ¼ cup	1 ½ tsp.	Garlic, minced
1/8 tsp.	¼ tsp.	½ tsp.	Black pepper
½ tbsp.	1 tbsp.	2 tbsp.	Dill weed, dry, crushed

**METHOD**

**STEP 1**

Boil water. Add remaining ingredients.

**STEP 2**

Reduce heat and cover. Simmer until thickened, about 2 ½ hours.

**STEP 3**

Add dill weed. Simmer 5 minutes longer.

**STEP 4**

Pour into serving pans.

**STEP 5**

Portion with an 8 oz. ladle.

**COMPONENTS PER PORTION**

¼ cup cooked vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
<b>Calories</b>	75
<b>Protein</b>	5.04 g
<b>Carbohydrates</b>	13.75 g
<b>Fat-total</b>	0.25 g
<b>Saturated Fat</b>	0.03 g
<b>Cholesterol</b>	0 mg
<b>Vitamin A (RE)</b>	176 RE
<b>Vitamin C</b>	2.0 mg
<b>Iron</b>	0.97 mg
<b>Calcium</b>	21 mg
<b>Sodium</b>	11 mg
<b>Fiber</b>	5.35 g
<b>% Protein</b>	26.90
<b>% Carbohydrate</b>	73.33
<b>% Total Fat</b>	3.00
<b>% Saturated Fat</b>	0.42

**GUMBO SOUP**

(S-48)

**Portion Size – 1 Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>32</u>	<u>64</u>	<u>128</u>	
1 quart	2 quarts	1 gal.	Chicken broth
1 lb.	2 lbs.	4 lb.	Diced chicken (commodity)
1 ¼ cup	2 ½ cups	5 cups	Diced tomatoes (commodity)
½ cup	1 cup	2 cups	Chopped onions
2 ½ cups	5 cups	2 ½ qt.	Chopped celery
4 oz.	8 oz.	1 lb.	Cooked rice (commodity)
1 qt.	2 qt.	1 gal.	Frozen okra, diced

**METHOD**

**STEP 1**

Add all ingredients together; simmer for 15-20 minutes.

**STEP 2**

Portion with an 8 ounce ladle.

**Note:** Serve hot sauce on the side.

<u>COMPONENTS PER PORTION</u>	Portion cost = \$0.18
½ oz. meat/meat alternate, ¼ cup vegetables	

<u>NUTRIENT</u>	<u>Amount per Serving</u>
<b>Calories</b>	42
<b>Protein</b>	4.76 g
<b>Carbohydrates</b>	3.04 g
<b>Fat-total</b>	1.28 g
<b>Saturated Fat</b>	0.34 g
<b>Cholesterol</b>	13 mg
<b>Vitamin A (RE)</b>	18
<b>Vitamin C</b>	4.18 mg
<b>Iron</b>	0.40 mg
<b>Calcium</b>	20.49 mg
<b>Sodium</b>	229 mg
<b>Fiber</b>	0.70
<b>% Protein</b>	44.88
<b>% Carbohydrate</b>	28.64
<b>% Total Fat</b>	27.16
<b>% Saturated Fat</b>	7.32

# Chartwells School Dining Services

**004620 - Ham and Cheese Chowder**

Source: S- 49  
 Number of Portions: 100  
 Size of Portion: 1 Cup

Meat/Alt 1 oz.  
 Grain/Bread 0 SRV.  
 F/V/J 0.375 Cup  
 Milk 0 FLOZ

011282 ONIONS,RAW..... 004044 OIL,SOYBN,SALAD OR COOKING..... 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 011833 POTATOES,BLD,CKD WO/ SKN,FLESH,W/ SAL 360901 HAM,CKD,FROZEN,95% FAT FREE-COMMODIT 001079 MILK,RED FAT,FLUID,2% MILKFAT,W/ ADDED 002030 PEPPER,BLACK..... 001042 CHEESE,PAST PROCESS,AMERICAN,W/DI NA	3 medium 1 1/2 CUP 1 3/4 CUP 2 1/2 GAL 4 LB + 11 OZ 2 1/2 GAL + 3 3/4 CUP 1/2 TBSP 1 LB + 9 OZ	<p><b><u>STEP 1</u></b>                  Saute onions in oil over medium -high heat until soft, about 5 minutes.</p> <p><b><u>STEP 2</u></b>                  Add flour, stirring in to make a roux. Cook about 5 minutes longer. Do not brown.</p> <p><b><u>STEP 3</u></b>                  Reduce heat, and add remaining ingredients (diced potaotes, dicedham, milk, and pepper), except cheese. Stir well to mix in roux. When soup reaches a simmer, add diced or chopped cheese and stir until cheese is melted. Cook about 10 minutes longer over low heat, stirring frequently.  <b>CCP:</b> Heat mixture to at least 145 degrees F for 15 seconds (do not heat higher than 180 degrees F so the soup does not curdle).</p> <p><b><u>STEP 4</u></b>                  Pour into serving pans.</p> <p><b><u>STEP 5</u></b>  <b>CCP:</b> Hot hot at 140 degrees F until served.</p> <p>Portion with an 8 oz. ladle.</p>
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Calories	194	Iron	0.66 Mg	Protein	9.42 G	19.45%	Calories from Prot
Cholesterol	25 Mg	Calcium	171 Mg	Carbohydrates	19.62 G	40.51%	Calories from Carb
Sodium	558 Mg	Vitamin A	272 IU	Total Fat	8.43 G	39.15%	Calories from T Fat
Dietary Fiber	1.36 G	Vitamin C	5.0 Mg	Saturated Fat	3.37 G	15.65%	Calories from S Fat
* - Denotes Missing Nutrient Values							



# Chartwells School Dining Services

**007042 - Ham and Sweet Potato Chowder**

Source: S- 50  
 Number of Portions: 100  
 Size of Portion: 1 Cup

Meat/Alt 1 oz.  
 Grain/Bread 0 SRV.  
 F/V/J 0.5 Cup  
 Milk 0 FLOZ

993339 WATER..... 3 GAL 011514 SWEET POTATO,CND,MSHD..... 3 GAL 990640 ONIONS,FRESH..... 3 CUP, chopped 990319 CELERY,RAW..... 3 QT,chopped 002030 PEPPER,BLACK..... 1 TSP 360901 HAM,CKD,FROZEN,95% FAT FREE-COMMODIT 6 LB + 4 OZ 004044 OIL,SOYBN,SALAD OR COOKING..... 1 1/2 CUP 990031 FLOUR,ALL PURPOSE WHITE,ENRICHED,BLE 3 CUP 990345 MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR S 2 1/2 GAL 002029 PARSLEY,DRIED..... 1 1/2 CUP	<p><b><u>STEP 1</u></b>                  Combine water, sweet potatoes, onions, celery, and pepper in cooking vessel. Bring to a boil.</p> <p><b><u>STEP 2</u></b>                  Reduce heat and cover. Simmer for 20 minutes.</p> <p><b><u>STEP 3</u></b>                  While water and vegetable mixture is simmering, make white sauce mixture:</p> <p>A. Heat oil over low heat. Add flour, stirring until smooth to make a roux. Cook 1 minute, stirring constantly. Do not brown.</p> <p>A. Gradually add skim milk to the roux, and cook over medium heat until thickened and bubbly.</p> <p><b><u>STEP 4</u></b>                  Add thickened white sauce mixture and ham to simmering water and vegetable mixture. Stir to mix well.  <b>CCP:</b> Heat to 165 degrees F. DO NOT BOIL.</p> <p><b><u>STEP 5</u></b>                  Pour into serving pans.  <b>CCP:</b> Hold for hot service at 140 degrees F or higher.</p> <p><b><u>STEP 6</u></b>                  Portion with an 8 oz. ladle.</p>
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Calories	233	Iron	2.50 Mg	Protein	10.30 G	17.71% Calories from Prot
Cholesterol	15 Mg	Calcium	172 Mg	Carbohydrates	37.01 G	63.62% Calories from Carb
Sodium	491 Mg	Vitamin A	10924 IU	Total Fat	4.67 G	18.06% Calories from T Fat

# Chartwells School Dining Services

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Dietary Fiber	2.53 G	Vitamin C	7.3 Mg	Saturated Fat	0.84 G	3.25% Calories from S Fat
* - Denotes Missing Nutrient Values						

**HEARTY VEGETABLE SOUP (S - 55)**

Portion Size – 1 Cup

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
1 ½ gal.	3 gal.	6 gal.	Vegetable stock
4 oz. dry wt.	8 oz. dry wt.	1 lb. dry wt.	Pinto beans, soaked*
4 oz.	8 oz.	1 lb.	Lentils, raw
10 oz.	1 lb. + 4 oz.	2 lb. + 8 oz.	Pearl barley, raw
8 oz.	1 lb.	2 lb.	Onions, diced
1 lb.	2 lb.	4 lb.	Carrots, diced
4 oz.	8 oz.	1 lb.	Celery, diced
8 oz.	1 lb.	2 lb.	Potatoes, peeled, diced
4 oz.	8 oz.	1 lb.	Tomato paste
½ tsp.	1 tsp.	2 tsp.	Pepper, white
8 oz.	1 lb.	2 lb.	Corn
8 oz.	1 lb.	2 lb.	Green beans
			*Follow procedure for soaking dried beans in Help Hints section.
<b><u>COMPONENTS PER PORTION</u></b>			
½ cup vegetables, and ½ serving bread/grains			
<b><u>NUTRIENT</u></b>	<b><u>Amount per Serving</u></b>		
Calories	139		
Protein	5.20 g		
Carbohydrates	30.42 g		
Fat-total	0.50 g		
Saturated Fat	0.09 g		
Cholesterol	0 mg		
Vitamin A (RE)	668 RE		
Vitamin C	17.5 mg		
Iron	1.91 mg		
Calcium	56 mg		
Sodium	114		
Fiber	5.71 g		
% Protein	14.88		
% Carbohydrate	87.06		
% Total Fat	3.24		
% Saturated Fat	0.59		

**METHOD**

**STEP 1**

Bring vegetable stock to a boil.

**STEP 2**

Add soaked pinto beans, cover, and simmer for 30 minutes.

**STEP 3**

Add lentils, barley, onions, carrots, celery, potatoes, tomato paste, and white pepper. Simmer, covered, for 20 – 25 minutes.

**STEP 4**

Add corn and green beans. Cover and simmer 15 minutes, or until all vegetables are tender.

**STEP 5**

Pour into serving pans.

**STEP 6**

Portion with an 8 oz. ladle.

**LENTIL SOUP (S - 60)**

**Portion Size – 1 Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
2 1/8 cup + 1 1/2 tbsp.	1 qt. + 3/8 cup	2 qt. + 3/4 cup	Onions, chopped
1 tbsp. + 1 tsp.	2 tbsp. + 2 tsp.	1/3 cup	Garlic, chopped
1/4 cup	1/2 cup	1 cup	Oil
1 tsp.	2 tsp.	1 tbsp. + 1 tsp.	Basil, ground
1 tsp.	2 tsp.	1 tbsp. + 1 tsp.	Oregano, dried
1 tsp.	2 tsp.	1 tbsp. + 1 tsp.	Parsley, dried
12 oz.	1 lb. + 8 oz.	3 lb.	Tomato paste
2 lb.	4 lb.	8 lb.	Lentils, dried
1 1/4 gal. + 1 1/4 cup	2 1/2 gal. + 2 3/4 cup	5 1/4 gal. + 1 1/4 cup	Water
2 lb.	4 lb.	8 lb.	Spinach, frozen, chopped

**METHOD**

**STEP 1**

Saute onions and garlic in oil over medium-high heat for 2 – 3 minutes.

**STEP 2**

Add spices, tomato paste, lentils, and water.

**STEP 3**

Simmer 40 minutes over medium heat. Stir occasionally.

**STEP 4**

Add spinach. Heat another 25 minutes, until lentils are soft.

**STEP 5**

Pour into serving pans.

**STEP 6**

Portion with an 8 oz. ladle.

**COMPONENTS PER PORTION**

1/2 cup cooked vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
<b>Calories</b>	167
<b>Protein</b>	11.93 g
<b>Carbohydrates</b>	26.07 g
<b>Fat-total</b>	2.76 g
<b>Saturated Fat</b>	0.37 g
<b>Cholesterol</b>	0 mg
<b>Vitamin A (RE)</b>	279 RE
<b>Vitamin C</b>	19.3 mg
<b>Iron</b>	4.64 mg
<b>Calcium</b>	69 mg
<b>Sodium</b>	50 mg
<b>Fiber</b>	12.92 g
<b>% Protein</b>	28.49
<b>% Carbohydrate</b>	62.26
<b>% Total Fat</b>	14.85
<b>% Saturated Fat</b>	2.00

**MINISTRONE (S - 65)**

**Portion Size – 1 Cup**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>25</u>	<u>50</u>	<u>100</u>	
½ cup	1 cup	2 cup	Water
4 ½ oz.	9 oz.	1 lb. + 2 oz.	Onions, diced
11 oz.	1 lb. + 6 oz.	2 lb. + 12 oz.	Carrots, diced
3 oz.	6 oz.	12 oz.	Cabbage, finely chopped
4 oz.	8 oz.	1 lb.	Celery, thinly sliced
1 ½ gal.	3 gal.	6 gal.	Beef stock
½ cup	1 cup	2 cup	Tomato paste
½ cup	1 cup	2 cup	Crushed tomatoes
½ cup	1 cup	2 cup	Pepper, black
1/8 tsp.	¼ tsp.	½ tsp.	Oregano, ground
¼ tsp.	½ tsp.	1 tsp.	Parsley, dried
1 tsp.	2 tsp.	1 tbsp. + 1 tsp.	Garlic powder
2 lb.	4 lb.	8 lb.	Kidney beans, canned, drained
5 ½ oz.	11 oz.	1 lb. + 6 oz.	Enriched macaroni, dry

**COMPONENTS PER PORTION**

½ cup vegetable, and ¼ serving bread/grains

<u>NUTRIENT</u>	<u>Amount per Serving</u>
<b>Calories</b>	98
<b>Protein</b>	7.82 g
<b>Carbohydrates</b>	16.47 g
<b>Fat-total</b>	0.50 g
<b>Saturated Fat</b>	0.12 g
<b>Cholesterol</b>	0 mg
<b>Vitamin A (RE)</b>	368 RE
<b>Vitamin C</b>	7.1 mg
<b>Iron</b>	1.60 mg
<b>Calcium</b>	40 mg
<b>Sodium</b>	221
<b>Fiber</b>	2.34 g
<b>% Protein</b>	31.87
<b>% Carbohydrate</b>	67.11
<b>% Total Fat</b>	4.58
<b>% Saturated Fat</b>	1.13

**METHOD**

**STEP 1**

Combine water, onions, carrots, cabbage, and celery in cooking vessel. Bring to boil. Reduce heat and simmer until tender.

**STEP 2**

Add beef stock, tomato paste, chopped tomatoes, and seasonings. Simmer, uncovered, for 30 minutes.

**STEP 3**

Add beans and macaroni. Continue simmering for 20 minutes.

**STEP 4**

Pour into serving pans.

**STEP 5**

Portion with an 8 oz. ladle.

**NAVY BEAN SOUP (S - 70)**

**Portion Size – 1 Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>25</u>	<u>50</u>	<u>100</u>	
1 gal, + 2 cup	2 ¼ gal.	4 ½ gal.	Chicken stock, from powder	
5 lb. + 1 oz.	10 lb. + 2 oz.	20 lb. + 4 oz.	Soaked navy beans*	
3 ½ oz.	7 oz.	14 oz.	Tomato paste	
7/8 oz.	1 ¾ oz.	3 ½ oz.	Dehydrated onion flakes	
¾ cup	1 ½ cup	3 cup	Celery, diced	
½ cup + 2 tbsp.	1 ¼ cup	2 ½ cup	Carrots, diced	
½ tsp.	1 tsp.	2 tsp.	Black pepper	
2 tbsp.	¼ cup	½ cup	Parsley, dried	
2 ¼ oz.	4 ½ oz.	9 oz.	Flour	
½ cup	1 cup	2 cup	Water	

\*Follow procedure for soaking beans in Helpful Hints section.

**COMPONENTS PER PORTION**

½ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
<b>Calories</b>	165
<b>Protein</b>	9.55 g
<b>Carbohydrates</b>	29.50 g
<b>Fat-total</b>	1.35 g
<b>Saturated Fat</b>	0.33 g
<b>Cholesterol</b>	0 mg
<b>Vitamin A (RE)</b>	158 RE
<b>Vitamin C</b>	4.68 mg
<b>Iron</b>	2.70 mg
<b>Calcium</b>	83.64 mg
<b>Sodium</b>	1292 mg
<b>Fiber</b>	6.46 g
<b>% Protein</b>	23.10
<b>% Carbohydrate</b>	71.34
<b>% Total Fat</b>	7.35
<b>% Saturated Fat</b>	1.84

**METHOD**

**STEP 1**

Combine stock, beans, tomato paste, onions, celery, carrots, pepper, and parsley. Bring to boil.

**STEP 2**

Reduce heat. Cover. Simmer for 20 minutes or until vegetables are tender.

**STEP 3**

Combine flour and water. Mix until smooth.

**STEP 4**

Add to stock mixture. Stir well and cook over medium heat until thickened, 10 – 12 minutes.

**STEP 5**

Pour into serving pans.

**STEP 6**

Portion with an 8-oz. ladle.

**PEPPERY GARBANZO BEAN SOUP (S - 75)**

**Portion Size – 1 Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>25</u>	<u>50</u>	<u>100</u>	
¾ # 10 can	1 ½ # 10 cans	3 # 10 cans	Garbanzo beans, canned	
1 lb.	2 lb.	4 lb.	Vegetable cooking spray	
10 oz.	1 ¼ lb.	2 ½ lb.	Green pepper, seeded, chopped	
1 cup	2 cup	1 qt.	Parsley, fresh, chopped	
3 qt.	1 ¼ gal.	3 gal.	Chicken stock, prepared from powder	
½ # 10 can	1 # 10 can	2 # 10 cans	Crushed tomatoes	
¾ tsp.	½ tbsp.	1 tbsp.	Red pepper	
4	8	16	Bay leaves	

**METHOD**

**STEP 1**

Rinse and drain soaked garbanzo beans.

**STEP 2**

Spray cooking vessel with cooking spray. Place over medium heat until hot. Add chopped onion, green pepper, and parsley. Saute until tender.

**STEP 3**

Stir in garbanzo beans and remaining ingredients. Cover and bring to a boil. Reduce heat and simmer 20 minutes. Remove and discard bay leaves.

**STEP 4**

Pour into serving pans.

**STEP 5**

Portion with an 8 oz. ladle.

**COMPONENTS PER PORTION**

¼ cup vegetables

<u>NUTRIENT</u>	<u>Amount per Serving</u>
Calories	111
Protein	5.01 g
Carbohydrates	20.81 g
Fat-total	1.41 g
Saturated Fat	0.23 g
Cholesterol	0 mg
Vitamin A (RE)	373 RE
Vitamin C	25.1 mg
Iron	1.56 mg
Calcium	44 mg
Sodium	1007 mg
Fiber	3.74 g
% Protein	5.01
% Carbohydrate	20.81
% Total Fat	1.41
% Saturated Fat	0.23

# Chartwells School Dining Services

**002376 - Potato Chicken Chowder**

Source: S- 80  
 Number of Portions: 100.0000  
 Size of Portion: 1 cup

Meat/Alt 1 oz.  
 Grain/Bread 0 SRV.  
 F/V/J 0.5 Cup  
 Milk 0 FLOZ

014429 WATER,MUNICIPAL..... 3 GAL 011367 POTATOES,BLD,CKD WO/ SKN,FLESH,WO/ SA 3 GAL 011282 ONIONS,RAW..... 3 CUP, chopped 011143 CELERY,RAW..... 3 QT, diced 002030 PEPPER, BLACK..... 2 TSP 004044 OIL,SOYBN,SALAD OR COOKING..... 1 1/2 CUP 020081 WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEA 3 CUP 001085 MILK,NONFAT,FLUID,W/ VIT A (FAT FREE OR S 2 GAL + 2 QT 005360 CHICK,DICED,CKD,FROZEN-COMMOD..... 6 LB + 4 OZ 002029 PARSLEY,DRIED..... 1 1/2 CUP		<p><b><u>STEP 1</u></b>                  Combine water, potatoes, onions, celery, and pepper in cooking vessel. Bring to a boil.</p> <p><b><u>STEP 2</u></b>                  Reduce heat and cover. Simmer for 20 minutes.</p> <p><b><u>STEP 3</u></b>                  While water and vegetable mixture is simmering, make white sauce mixture:</p> <p>A. Heat oil over low heat. Add flour, stirring until smooth. Cook the roux 1 minute, stirring constantly.</p> <p>B. Gradually add milk to the roux, and cook over medium heat until thickened and bubbly.</p> <p><b><u>STEP 4</u></b>                  Add thickened white sauce mixture and chicken to simmering water and vegetable mixture. Add the parsley. Stir to mix well.  <b>CCP:</b> Heat to 165 degrees F for 15 seconds. <b>DO NOT BOIL.</b></p> <p><b><u>STEP 5</u></b>                  Pour into serving pans.  <b>CCP:</b> Hold for hot service at 140 degrees F or higher.</p> <p><b><u>STEP 6</u></b>                  Portion with an 8 oz. ladle.</p>
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Calories	199	Iron	1.05 Mg	Protein	13.33 G	26.80% Calories from Prot
Cholesterol	27 Mg	Calcium	146 Mg	Carbohydrates	23.76 G	47.78% Calories from Carb
Sodium	86 Mg	Vitamin A	305 IU	Total Fat	5.67 G	25.64% Calories from T Fat



# Chartwells School Dining Services

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Dietary Fiber	1.82 G	Vitamin C	6.6 Mg	Saturated Fat	1.21 G	5.46% Calories from S Fat
* - Denotes Missing Nutrient Values						

**TACO TWIST SOUP**

(S - 82)

**Portion Size – 1 Cup (8 oz. Ladle)**

<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
<u>20</u>	<u>40</u>	<u>80</u>	
1 ½ lb.	3 lb.	6 lb.	Ground beef, 80/20, raw, Commodity
1 ½ medium	3 medium	6 medium	Onions, fresh, diced
3 cloves	6 cloves	12 cloves	Garlic, fresh, minced
1 tbsp.	2 tbsp.	¼ cup	Chili powder
½ tbsp.	1 tbsp.	2 tbsp.	Cumin, ground
1 ½ qt.	3 qt.	1 ½ gal.	Beef broth, made from dry mix
1 ¾ cups	3 ½ cups	7 cups	Salsa, Commodity
2 qt. + 1 cup	4 ½ qt.	2 gal. + 1 qt.	Canned diced tomatoes, Commodity
1 ½ cup	3 cups	6 cups	Macaroni, dry, enriched, Commodity
1 ½ medium	3 medium	6 medium	Sweet green peppers, diced

**METHOD**

**STEP 1**

Brown meat with onion and garlic. Drain.

**STEP 2**

Add chili powder and cumin and stir into meat. Cook for about 90 seconds.

**STEP 3**

Add remaining ingredients. Bring to a boil, stirring frequently. Reduce heat and simmer 10 minutes until pasta is tender.

**STEP 4**

Pour into serving pans.

**STEP 5**

Portion with an 8 oz. ladle.

**SERVING SUGGESTION:** Offer shredded cheddar cheese, sour cream, and/or chopped green onions as self serve garnish (not included in nutrient analysis).

**COMPONENTS**

½ cup vegetables, 1 oz. meat/meat alternate

**NUTRIENT**

**Amount per Serving**

<b>Calories</b>	149
<b>Protein</b>	10.34 g
<b>Carbohydrates</b>	18.81 g
<b>Fat-total</b>	4.31 g
<b>Saturated Fat</b>	1.56 g
<b>Cholesterol</b>	20 mg
<b>Vitamin A (RE)</b>	107 RE
<b>Vitamin C</b>	24.93 mg
<b>Iron</b>	2.59 mg
<b>Calcium</b>	32.11 mg
<b>Sodium</b>	864 mg
<b>Fiber</b>	1.99 g
<b>% Protein</b>	27.82
<b>% Carbohydrate</b>	50.59
<b>% Total Fat</b>	26.07
<b>% Saturated Fat</b>	9.41





**TURKEY VEGETABLE SOUP (S - 95)**

**Portion Size – 1 Cup**

	<u>QUANTITY/PORTIONS</u>			<u>INGREDIENTS</u>
	<u>25</u>	<u>50</u>	<u>100</u>	
3 qt. + 3 cup	1 ¾ gal. + 2 cups	3 ¾ gal.	Chicken stock, from powder	
12 ¾ oz.	1 lb. + 9 ½ oz.	3 lb. + 3 oz.	Cooked diced turkey	
½ #10 can	1 #10 can	2 #10 cans	Crushed tomatoes	
5 oz.	2 lb. + 8 oz.	1 lb. + 4 oz.	Celery, diced	
1 ½ oz.	3 oz.	6 oz.	Onions, dehydrated flakes	
½ tsp.	1 tsp.	2 tsp.	Pepper, black	
2 tbsp.	¼ cup	½ cup	Parsley, dried	
1 tbsp.	2 tbsp.	¼ cup	Garlic powder	
1 #10 can	2 #10 cans	4 #10 cans	Mixed vegetables, drained	

**METHOD**

**STEP 1**

Combine chicken stock, turkey, tomatoes, celery, onions, pepper, parsley, and garlic powder. Bring to a boil.

**STEP 2**

Reduce heat and cover. Simmer for 20 minutes.

**STEP 3**

Add vegetables.

**STEP 4**

Cover and simmer 15 minutes, or until vegetables are tender.

**STEP 5**

Pour into serving pans.

**STEP 6**

Portion with an 8 oz. ladle.

**COMPONENTS PER PORTION**

½ cup vegetables, 1/2 oz. meat/meat alternate

<u>NUTRIENT</u>	<u>Amount per Serving</u>
<b>Calories</b>	99
<b>Protein</b>	8.32 g
<b>Carbohydrates</b>	13.38 g
<b>Fat-total</b>	1.80 g
<b>Saturated Fat</b>	0.48 g
<b>Cholesterol</b>	11 mg
<b>Vitamin A (RE)</b>	957 RE
<b>Vitamin C</b>	12.12 mg
<b>Iron</b>	1.70 mg
<b>Calcium</b>	48.69 mg
<b>Sodium</b>	1141 mg
<b>Fiber</b>	3.08 g
<b>% Protein</b>	33.57
<b>% Carbohydrate</b>	53.99
<b>% Total Fat</b>	16.34
<b>% Saturated Fat</b>	4.44