



Recipe Name: Pittsylvania White Bean Soup

File No:

Recipe Adapted From:

Healthy School Recipes



| | |
|----------------------------|---|
| Grade Group (s): K-8, 9-12 | HACCP Process <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step |
| Number of Portions: 100 | |
| Portion Size: 1 cup | |
| Serving Utensil: | |
| Servings per Pan: | |

| Ingredients | Weight | Measure | Procedure |
|--|--------|-------------|---|
| Oil, Olive | | ½ cup | 1. Heat oil in steam-jacket kettle. 2. Add onions, celery, and carrots. 3. Cook until tender, about 10 minutes. 4. Add broth, beans, garlic powder, pepper, oregano, and parsley. 5. Reduce heat and simmer for 20 minutes. CCP: Heat to 140°F or higher for at least 15 seconds. CCP: Hot hold at 135°F or higher for service. |
| Onions, Raw, Chopped | 10 lbs | | |
| Celery, raw, Chopped | 10 lbs | | |
| Carrots, Raw, Chopped | 10 lbs | | |
| Broth, Vegetable, Low-Sodium | | 4 gallon | |
| Beans, Great Northern, Canned, Drained Rinsed, USDA #100373 | | 6½ #10 cans | |
| Garlic Powder | | 4 tsp | |
| Pepper, Black, Ground | | 2 tsp | |
| Oregano, Dried, Ground | | ¼ cup | |
| Parsley, Fresh, Chopped | | ½ cup | |

| Meal Component Contribution | | | Total Yield | | |
|-------------------------------------|-------|-----|---|--|--|
| Meat/Meat Alternate: 2 oz eq | | | Weight: | | |
| Vegetable Subgroups | | | Number of Pans: | | |
| DG | RO | BPL | Pan size: | | |
| | ⅛ cup | | Volume: | | |
| S | O | A | Nutritional Analysis Based on Portion Size | | |
| | ⅜ cup | | Calories: 198 kcal | | |
| Fruit: | | | Saturated Fats (g): 0.35 g | | |
| Grains: | | | Sodium (mg): 534.94 mg | | |
| Based on USDA Food Buying Guide-RAW | | | Calculated using NutriKids | | |

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes
 S - starchy O - other A - additional