Bean Soup

This Bean Soup is sure to be a frequent request! Protein packed and flavorful with beans, tomatoes, onions, and smoky spices.

CACFP Home Childcare Crediting Information

**Legume as Meat Alternate:** 1 cup (1 cup measuring cup or 8 fl oz ladle) provides ¼ cup vegetable (⅛ cup additional vegetable, ⅛ cup red/orange vegetable), and 1.25 oz equivalent meat alternate.

**OR**

**Legume as Vegetable:** 1 cup (1 cup measuring cup or 8 fl oz ladle) provides: ½ cup vegetable (¼ cup additional vegetable, ¼ cup legume vegetable, ¼ cup red/orange vegetable).

**Preparation Time:** 20 minutes  
**Cooking Time:** 60 minutes  
**Makes:** 6 servings

---

**Ingredients**

2 tsp Canola oil  
½ cup or 2 ½ oz Fresh onions  
2 Tbsp or 1 ½ oz Fresh garlic, minced  
½ cup or 2 ½ oz Fresh red bell peppers  
¼ cup or 2 ½ oz Green chilies  
1 tsp Sugar  
⅛ tsp Ground black pepper  
1 tsp Oregano  
2 tsp Old Bay seasoning (See Notes Section)  
⅝ cup or 6 oz Low-sodium vegetable broth  
1 ½ cups Water  
1 cup or 7 oz Canned no salt added diced tomatoes, undrained  
2 ¾ cups or 1 lb Canned low sodium great northern beans, drained, rinsed  

**OR**  
2 ¾ cups or 1 lb Dry great northern beans, cooked

**Directions**

1. Heat oil in a large saucepan over medium high heat.
2. Add onions, garlic, bell peppers, green chilies, sugar, black pepper, oregano, and Old Bay seasoning. Sauté uncovered over medium-high heat for 2 minutes, stirring occasionally.
4. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
5. Puree remaining beans in a high-speed blender on high for 2-3 minutes until mixture has a smooth consistency. Set aside for step 6.
6. Add about 1 cup pureed beans to soup mixture. Stir well and simmer over low heat for 10 to 15 minutes until soup has a thicker consistency.
7. Pour soup into large serving bowl.
8. Critical Control Point: Hold at 140 °F or higher until served.
9. Serve 1 cup (portion with 1 cup measuring cup or 8 fl oz ladle).
Notes Section:

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS
OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS
Once the peas have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.
Critical Control Point:
Hold for hot service at 140 °F or higher.
OR
Chill for later use.
Critical Control Point:
Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.
1 lb dry black-eyed peas = about 2 ¼ cups dry or 4 ½ cups cooked beans.

*Use the 30% reduced sodium version of Old Bay Seasoning to further reduce the sodium in the recipe.

Source:
CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 280, Protein 16 g, Carbohydrates 45 g, Dietary Fiber 15 g, Total Sugars 3 g, Total Fat 3 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 242 mg, Vitamin A 23 mcg RAE, Vitamin C 35 mg, Vitamin D 0 IU, Calcium 141 mg, Iron 4 mg, Potassium 871 mg