



Cream of Chicken Soup

USDA Recipe for CACFP

Our Cream of Chicken Soup is a tasty combination of chicken and corn in a delicious creamy broth.

CACFP CREDITING INFORMATION

1 cup (8 fl oz spoodle) provides 1 oz equivalent meat/meat alternate.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine, trans-fat free	6 oz	¾ cup	12 oz	1 ½ cups	1 Melt margarine in a large stock pot.
*Celery, fresh, diced	6 oz	1 cup 2 Tbsp 2 ¼ tsp	12 oz	2 ¼ cups 1 Tbsp ½ tsp	2 Add celery. Sauté uncovered over medium heat for 1–2 minutes.
Flour, whole-wheat	4 oz	¾ cup 2 Tbsp 1 tsp	8 oz	1 ¾ cups 2 tsp	3 Add flour. Simmer uncovered over medium heat for 1–2 minutes.
Chicken broth, low-sodium		1 qt 1 cup		2 qt 2 cups	4 Slowly add chicken broth, stirring constantly until smooth and thickened. Cook uncovered over medium heat for 2–5 minutes.
Milk, nonfat		2 qt 1 cup		1 gal 2 cups	5 Slowly add milk, pepper, salt, garlic powder, onion powder, and oregano. Simmer uncovered over medium heat for 5–10 minutes.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pepper, black or white, ground		1 tsp		2 tsp	
Salt		½ tsp		1 tsp	
Garlic powder		2 Tbsp		¼ cup	
Onion powder		2 Tbsp		¼ cup	
Oregano		1 Tbsp		2 Tbsp	
Half-and-half, fat-free		2 cups		1 qt	6 Add half and half. Stir well. Reduce heat to low.
					7 Purée ingredients in stock pot with an immersion mixer for 3–5 minutes until mixture has a smooth consistency.
Chicken (cooked, frozen, thawed) ½" diced	1 lb 9 oz	1 qt 1 cup	3 lb 2 oz	2 qt 2 cups	8 Add chicken and corn. Simmer uncovered over medium heat for 5 minutes. Stir well.
Corn, cream style, canned, no-salt-added	7 oz	¾ cup 2 ⅔ tsp	14 oz	1 ½ cups 1 Tbsp 2 ⅓ tsp (approx. ⅓ No. 10 can)	
					9 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					10 Pour 1 gal 1 qt (about 10 lb 14.5 oz) soup into a half steam table pan (12 ¾" x 10 ½" x 6"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					11 Critical Control Point: Hold for hot service at 140 °F or higher.
					12 Portion with 8 fl oz ladle (1 cup).



NUTRITION INFORMATION

For 1 cup (8 fl oz ladle).

NUTRIENTS	AMOUNT
Calories	140
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	22 mg
Sodium	320 mg
Total Carbohydrate	12 g
Dietary Fiber	1 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	11 g
Vitamin D	65 IU
Calcium	134 mg
Iron	0 mg
Potassium	99 mg

N/A = data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Celery	8 oz	1 lb

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 10 lb 14.5 oz	About 21 lb 13 oz
About 1 gal 1 qt 1 7/8 cups/1 steam table pan (12 3/4" x 10 1/2" x 6")	About 2 gal 2 qt 3 2/3 cups/2 steam table pans (12 3/4" x 10 1/2" x 6")

