



Cream of Potato Soup

USDA Recipe for CACFP

Our Cream of Potato Soup is a creamy, comforting combination of potatoes and spices in a creamy broth.

CACFP CREDITING INFORMATION

1 cup (8 fl oz spoodle) provides ½ cup vegetable.

| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIRECTIONS |
|--|--------------------|------------------------------|-------------|-------------------------------|--|
| | Weight | Measure | Weight | Measure | |
| *Potatoes, red or white, fresh, unpeeled, 2" cubed | 4 lb | 1 gal $\frac{2}{3}$ cup | 8 lb | 2 gal 1 $\frac{1}{3}$ cups | <ol style="list-style-type: none"> 1 Place potatoes in a large stock pot. 2 Add water and salt. Simmer uncovered over medium–high heat until potatoes are soft. 3 Drain potatoes in a colander. Set aside for step 6. 4 In a large stock pot, add margarine and flour. Stir well until mixture forms into a paste. 5 Add milk. Stir constantly. Simmer uncovered over medium heat for 8–10 minutes. |
| Water | | 1 qt 2 cups | | 3 qt | |
| Salt | | $\frac{1}{2}$ tsp | | 1 tsp | |
| Margarine, trans-fat free | 4 oz | $\frac{1}{2}$ cup | 8 oz | 1 cup | |
| Flour, whole-wheat | 2 $\frac{1}{2}$ oz | $\frac{1}{2}$ cup 1 Tbsp | 5 oz | 1 cup 2 Tbsp | |
| Milk, low-fat (1%) | | 2 qt 1 $\frac{1}{4}$ cups | | 1 gal 2 $\frac{1}{2}$ cups | |



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|--|-------------|------------------|-------------|--------------------|--|
| | Weight | Measure | Weight | Measure | |
| | | | | | 6 Add potatoes. Purée ingredients in stock pot with a bermixer for 3–5 minutes until mixture has a smooth consistency. |
| Old Bay seasoning | | 1 Tbsp 2 tsp | | 3 Tbsp 1 tsp | 7 Add Old Bay seasoning, salt, pepper, corn, green onions, water, and chicken base. Simmer uncovered over medium heat for 3–5 minutes. |
| Salt | | 1 tsp | | 2 tsp | |
| Pepper, black or white, ground | | 1 tsp | | 2 tsp | |
| Corn (frozen), thawed, drained | 7 ½ oz | 3 ½ cups 1 ½ tsp | 15 oz | 1 qt 3 cups 1 Tbsp | |
| *Green onions, fresh, tops and bottoms, minced | 3 oz | ⅓ cup 2 tsp | 6 oz | ⅔ cup 1 Tbsp 1 tsp | |
| Water | | 1 cup | | 2 cups | |
| Chicken base | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | |
| | | | | | 8 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. |
| | | | | | 9 Pour 1 gal 1 qt 1 cup (about 10 lb 10.5 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. |
| | | | | | 10 Critical Control Point: Hold for hot service at 140 °F or higher. |
| | | | | | 11 Portion with 8 fl oz ladle (1 cup). |



NUTRITION INFORMATION

For 1 cup (8 fl oz ladle).

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 127 |
| Total Fat | 3 g |
| Saturated Fat | 1 g |
| Cholesterol | 4 mg |
| Sodium | 304 mg |
| Total Carbohydrate | 20 g |
| Dietary Fiber | 2 g |
| Total Sugars | 5 g |
| Added Sugars included | N/A |
| Protein | 5 g |
| Vitamin D | 36 IU |
| Calcium | 129 mg |
| Iron | 1 mg |
| Potassium | 526 mg |

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

| Food as Purchased for | 25 Servings | 50 Servings |
|------------------------------|--------------------|--------------------|
| Green onions | 4 oz | 8 oz |
| Potatoes | 4 lb 2 oz | 8 lb 4 oz |

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 10 ½ oz | About 21 lb 5 oz |
| About 1 gal 1 qt 1 ⅓ cups/1 steam table pan (12 ¾" x 10 ½" x 6") | About 2 gal 2 qt 2 ⅔ cups/2 steam table pans (12 ¾" x 10 ½" x 6") |

