



Curried Vegetable Soup

USDA Recipe for CACFP

Our Curried Vegetable Soup provides a sweet heat with its combination of fresh vegetables, that include butternut squash and turnips, with coconut milk and spices.

CACFP CREDITING INFORMATION
1 cup (8 fl oz ladle) provides ½ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		2 qt		1 gal	1 In a large stock pot, add water, carrots, celery, squash, turnips, onions, apple juice, curry powder, salt, black pepper, parsley, and cinnamon. 2 Simmer uncovered over medium–high heat for 2 minutes, stirring occasionally. Bring to a boil. Reduce heat to medium. Simmer uncovered for 10–15 minutes or until soft.
*Fresh carrots, diced	1 lb 2 oz	3½ cups	2 lb 4 oz	1 qt 3 cups	
*Fresh celery, diced	1 lb 2 oz	3½ cups ¾ tsp	2 lb 4 oz	1 qt 3 cups 1½ tsp	
*Fresh butternut squash, diced	1 lb 2 oz	3½ cups 1 Tbsp 2 tsp	2 lb 4 oz	1 qt 3 cups 3 Tbsp 1 tsp	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh turnips, diced	13 oz	2 cups 3 Tbsp 2 tsp	1 lb 10 oz	1 qt ¼ cup 3 Tbsp 1 tsp	
*Fresh onions, diced	1 lb 6 oz	1¼ cups 1 Tbsp	2 lb 12 oz	2½ cups 2 Tbsp	
Apple juice		1 qt ½ cup		2 qt 1 cup	
Curry powder		2 Tbsp 1 tsp	2⅓ oz	¼ cup 2 tsp	
Salt		2½ tsp		1 Tbsp 2 tsp	
Pepper, black		½ tsp		1 tsp	
Parsley, dried		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Cinnamon		1 tsp		2 tsp	
					3 Purée ingredients in stock pot with a bermixer for 3–5 minutes until mixture has a smooth consistency.
Coconut milk, unsweetened		1½ cups 2 Tbsp		3¼ cups	4 Fold in coconut milk. Simmer uncovered over medium heat for 1–2 minutes.
					5 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					6 Pour 1 gal 1 qt (about 10 lb 9.5 oz) soup into a half steam table pan (12¾" x 10½" x 6"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					7 Critical Control Point: Hold for hot service at 140 °F or higher.
					8 Portion with 8 fl oz ladle (1 cup).



NUTRITION INFORMATION

For 1 cup (8 fl oz ladle).

NUTRIENTS	AMOUNT
Calories	56
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	279 mg
Total Carbohydrate	13 g
Dietary Fiber	2 g
Total Sugars	8 g
Added Sugars included	N/A
Protein	1 g
Vitamin D	7 IU
Calcium	58 mg
Iron	1 mg
Potassium	228 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	1 lb 9 oz	3 lb 2 oz
Carrots	1 lb 6 oz	2 lb 12 oz
Butternut squash	1 lb 6 oz	2 lb 12 oz
Celery	1 lb 6 oz	2 lb 12 oz
Turnips	1 lb 1 oz	2 lb 2 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 9.5 oz	About 21 lb 3 oz
About 1 gal 1 qt 1 1/8 cups/1 steam table pan (12 3/4" x 10 1/2" x 6")	About 2 gal 2 qt 2 1/4 cups/2 steam table pans (12 3/4" x 10 1/2" x 6")

