



1ST PLACE WINNER
Dry Beans and Peas

This hearty soup will surely tantalize taste buds with tender smoked turkey chunks, Navy beans, and a colorful array of veggies, all simmered in a deliciously seasoned broth.



Dry Beans and Peas

Tuscan Smoked Turkey and Bean Soup

IRA B. JONES ELEMENTARY SCHOOL

Asheville, North Carolina

Our Story

Asheville, North Carolina, located in the heart of the Blue Ridge Mountains, is known for its heritage, arts, and fine dining. Ira B. Jones Elementary School in Asheville shares a taste of another well-known region of fine dining—Tuscany—as its recipe team prepared Tuscan Smoked Turkey and Bean Soup. The recipe challenge team worked together to develop the recipe, and a number of students tasted and evaluated the recipe before it was submitted to the competition.

After Ira B. Jones Elementary School received semifinalist status, 350 servings of the Tuscan Smoked Turkey and Bean Soup were prepared for a special lunch menu celebration. Asheville Mayor Terry Bellamy attended the event to give her support and presented a proclamation declaring May 24, 2011, as “Healthy Kids Challenge Day,” encouraging students to focus on healthy choices through food and physical activity.

The team’s hard work paid off! The recipe features Navy beans, which are actually white in color, but got their popular name because they were a staple food of the U.S. Navy in the early 20th century. Tuscan Smoked Turkey and Bean Soup is sure to tease and please the senses and warm the toes! Delizioso!!

School Team Members

SCHOOL NUTRITION PROFESSIONAL

Susan Bowers

CHEF

Denny Trantham (Executive Chef, The Grove Park Inn Resort and Spa)

COMMUNITY MEMBERS

Tara Jardine (School Volunteer Coordinator and AmeriCorps Representative) and Sarah Cain (Principal)

STUDENT

Nichelle B.

Tuscan Smoked Turkey and Bean Soup

Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable

Soups H-12r

Ingredients	25 Servings		50 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh onions, diced ½"	8 oz	1 ½ cups 1 Tbsp	1 lb	3 cups 2 Tbsp	1. Place onions, celery, carrots, kale, tomato paste, and garlic in a large stockpot. Sweat vegetable mixture over medium-high heat. Stir frequently. Cook until vegetables are softened and onions are translucent.
*Fresh celery, diced	6 oz	1 ¼ cups	12 oz	2 ½ cups	
*Fresh carrots, diced	6 oz	1 ¼ cups	12 oz	2 ½ cups	
*Fresh kale, no stems, coarsely chopped	8 oz	1 qt 2 ¼ cups	1 lb	3 qt ½ cup	
Canned low-sodium tomato paste	4½ oz	½ cup (¼ No. 2 ½ can)	9 oz	1 cup (⅓ No. 2 ½ can)	
Fresh garlic, minced		¼ cup		½ cup	
Low-sodium chicken stock		1 gal		2 gal	2. Add stock, beans, salt, and pepper. 3. Reduce temperature to low heat. Cover and simmer for 20 minutes. Stir occasionally.
Canned low-sodium Navy beans, drained, rinsed OR *Dry Navy beans, cooked (See Notes Section)	2 lb 14 oz OR 2 lb 14 oz	1 qt 3 ⅔ cups (¾ No. 10 can) OR 1 qt 3 ⅔ cups	5 lb 12 oz OR 5 lb 12 oz	3 qt 3 ½ cups (1 ½ No. 10 cans) OR 3 qt 3 ½ cups	
Salt		2 tsp		1 Tbsp 1 tsp	
Ground black pepper		½ tsp		1 tsp	
Smoked turkey breast, ¼" pieces	1 lb 6 oz	1 qt	2 lb 12 oz	2 qt	4. Add turkey, parsley, thyme, and basil. Stir well. Simmer a minimum of 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
*Fresh parsley, chopped		2 Tbsp		¼ cup	
Fresh thyme, finely chopped		2 Tbsp		¼ cup	
Fresh basil, finely chopped		2 Tbsp		¼ cup	
					5. Critical Control Point: Hold for hot service at 135 °F or higher. 6. Portion with 8 fl oz ladle (1 cup).



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Notes
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available</p> <p>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 1¾ 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 beans 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.</p> <p>Critical Control Point: Hold for hot service at 135 °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 an additional 4 hours. 1 lb dry Navy beans = about 2 ¼ cups dry or 5 ⅞ cups cooked beans.</p>

Marketing Guide		
Food as Purchased for	25 servings	50 servings
Mature onions	10 oz	1 lb 4 oz
Celery	7 ¼ oz	14 ½ oz
Carrots	7 ¼ oz	14 ½ oz
Kale	12 oz	1 lb 8 oz
Dry Navy beans	1 lb 5 oz	2 lb 10 oz
Parsley	½ oz	1 oz

Nutrients Per Serving					
Calories	134.55	Saturated Fat	0.67 g	Iron	2.28 mg
Protein	14.51 g	Cholesterol	20.68 mg	Calcium	61.62 mg
Carbohydrate	13.62 g	Vitamin A	3058.35 IU	Sodium	524.69 mg
Total Fat	2.83 g		(152.89 RAE)	Dietary Fiber	3.66 g
		Vitamin C	7.00 mg		

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides:	25 Servings: about 12 lb 12 oz	25 Servings: about 1 gallon 2 quarts
<p>Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate and ¼ cup vegetable.</p> <p>OR</p> <p>Legume as Vegetable: ½ oz equivalent meat and ½ cup vegetable.</p> <p><i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i></p>	50 Servings: about 25 lb 8 oz	50 Servings: about 3 gallons