Bean Soup

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

CACFP Adult Portion Crediting Information

**Legume as Meat Alternate:** 1 cup (8 fl oz ladle) provides
\( \frac{1}{2} \) cup vegetable (\( \frac{1}{8} \) cup additional vegetable, \( \frac{1}{4} \) cup red/orange vegetable, \( \frac{1}{6} \) cup other vegetable), and 1.5 oz equivalent meat alternate.

**OR**

**Legume as Vegetable:** 1 cup (8 fl oz spoodle) provides \( \frac{3}{8} \) cup vegetable (\( \frac{1}{8} \) cup additional vegetable, \( \frac{3}{8} \) cup legume vegetable, \( \frac{1}{4} \) cup red/orange vegetable, and \( \frac{1}{8} \) cup other vegetable).

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Weight Measure</th>
<th>Weight Measure</th>
<th>Weight Measure</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Canola oil</td>
<td>2 Tbsp</td>
<td>1 ½ tsp</td>
<td>¼ cup 1 Tbsp</td>
<td>1 Heat oil in a large stock pot.</td>
</tr>
<tr>
<td>*Fresh onions, diced</td>
<td>1 lb</td>
<td>3 cups</td>
<td>2 lb</td>
<td>2 Add onions, garlic, bell peppers, green chilies, sugar, black pepper, oregano, and Old Bay seasoning. Simmer uncovered over medium-high heat for 2 minutes, stirring occasionally.</td>
</tr>
<tr>
<td>Garlic, minced</td>
<td>5 ⅔ oz</td>
<td>½ cup</td>
<td>10 ⅔ oz</td>
<td>1 cup</td>
</tr>
<tr>
<td>*Fresh red bell peppers</td>
<td>1 lb</td>
<td>3 cups</td>
<td>2 lb</td>
<td>1 qt 2 cups</td>
</tr>
<tr>
<td>Canned green chilies</td>
<td>1 lb</td>
<td>2 cups</td>
<td>2 lb</td>
<td>1 qt</td>
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</table>
### INGREDIENTS

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>25 SERVINGS</th>
<th>50 SERVINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sugar</td>
<td>2 ½ tsp</td>
<td>1 Tbsp 2 tsp</td>
</tr>
<tr>
<td>Ground black pepper</td>
<td>½ tsp</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Dried oregano</td>
<td>2 ½ tsp</td>
<td>1 Tbsp 2 tsp</td>
</tr>
<tr>
<td>Old Bay seasoning (See Notes Section)</td>
<td>2 Tbsp 1 ½ tsp</td>
<td>¾ cup 1 Tbsp</td>
</tr>
<tr>
<td>Low-sodium vegetable broth</td>
<td>3 cups</td>
<td>1 qt 2 cups</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>25 SERVINGS</th>
<th>50 SERVINGS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Water</td>
<td>1 qt 3 cups</td>
<td>3 qt 2 cups</td>
</tr>
<tr>
<td>Canned no-salt-added diced tomatoes, undrained</td>
<td>2 lb 10 oz</td>
<td>1 qt 1 cup (approx. ¼ No. 10 can) 5 lb 4 oz</td>
</tr>
<tr>
<td>Canned low-sodium great northern beans, drained, rinsed OR *Dry great northern beans, cooked (See Notes Section)</td>
<td>5 lb</td>
<td>3 qt 2 ½ cups (approx. 1 No. 10 can) 10 lb</td>
</tr>
</tbody>
</table>

### DIRECTIONS

1. **Add vegetable broth, water, tomatoes, and about 2 lb 8 oz (1 qt 2 cups) beans. Bring to a boil. Reduce heat to medium. Simmer uncovered for 10-12 minutes. Set aside remaining 2 lb 8 oz of beans for step 5.**

2. **Critical Control Point:** Heat to 140 °F or higher for at least 15 seconds.

3. In a large deep bowl, puree remaining beans with a bermixer (high-speed blender) and 1 cup of the simmering broth for 4-5 minutes. The resulting mixture should have a smooth consistency.
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<tbody>
<tr>
<td>6</td>
<td>Add about 3 lb 5 oz (1 qt 2 cup) pureed beans to soup mixture. Stir well and simmer on low heat for 45 minutes until soup has a thicker consistency.</td>
<td></td>
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<tr>
<td>7</td>
<td>Pour about 12 lb 13 oz (1 gal 2 qt 1 cup) soup into a half deep steam table pan (12 ⅞” x 10 ½” x 6”). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</td>
<td></td>
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<tr>
<td>8</td>
<td>Critical Control Point: Hold for hot service at 140 °F or higher.</td>
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<tr>
<td>9</td>
<td>Serve 1 cup (portion with 8 fl oz ladle).</td>
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NUTRITION INFORMATION
For 1 cup (8 oz ladle)

<table>
<thead>
<tr>
<th>NUTRIENTS</th>
<th>AMOUNT</th>
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<tbody>
<tr>
<td>Calories</td>
<td>328</td>
</tr>
<tr>
<td>Total Fat</td>
<td>3 g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0.5 g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0 mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>223 mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>54 g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>18 g</td>
</tr>
<tr>
<td>Total Sugars</td>
<td>4 g</td>
</tr>
<tr>
<td>Added Sugars included</td>
<td>N/A</td>
</tr>
<tr>
<td>Protein</td>
<td>19 g</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>35 mcg RAE</td>
</tr>
<tr>
<td>Vitamin C</td>
<td>53 mg</td>
</tr>
<tr>
<td>Vitamin D</td>
<td>0 IU</td>
</tr>
<tr>
<td>Calcium</td>
<td>167 mg</td>
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<tr>
<td>Iron</td>
<td>5 mg</td>
</tr>
<tr>
<td>Potassium</td>
<td>1081 mg</td>
</tr>
<tr>
<td>N/A = data not available</td>
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</tbody>
</table>

MARKETING GUIDE

Food as Purchased for | 25 Servings | 50 Servings |
----------------------|-------------|-------------|
*Fresh onions         | 1 lb 2 oz   | 2 lb 4 oz   |
*Fresh red bell peppers| 1 lb 4 oz   | 2 lb 8 oz   |

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

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

Cooking Process #2: Same Day Service.

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 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.
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 Great Northern beans = about 2 ½ cups dry or 5 ¼ cups cooked beans.
<table>
<thead>
<tr>
<th>YIELD/VOLUME</th>
</tr>
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<tbody>
<tr>
<td>About 12 lb 13 oz</td>
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<tr>
<td>About 1 gal 2 qt 1 cup</td>
</tr>
<tr>
<td>About 25 lb 10 oz</td>
</tr>
<tr>
<td>About 3 gal 2 cups</td>
</tr>
</tbody>
</table>

**SOURCE:**
CACFP Adult Portion Recipe Project