



Tomato Soup

Prepare for a timeless taste of nostalgia! Our Tomato Soup recipe is a smooth and creamy blend that includes canned plum tomatoes, fresh onions, and spices. This all-time childhood favorite never tasted so good.

CACFP ADULT PORTION CREDITING INFORMATION

1 cup (8 oz spoodle) provides $\frac{5}{8}$ cup vegetable
($\frac{3}{8}$ cup red/orange vegetable, $\frac{1}{4}$ cup other vegetable).

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
*Fresh onions, diced	2 lb 7 oz	1 qt 3 cups	4 lb 14 oz	3 qt 2 cups	1 In a large stock pot, add onions, garlic powder, tomatoes, water, chicken base, basil, black pepper, and sugar. Bring to a boil. Reduce heat to medium.
Garlic powder		2 Tbsp	2 ½ oz	¼ cup	
Canned plum tomatoes, undrained	4 lb 12 oz	2 qt ½ cup (approx. ¾ No. 10 can)	9 lb 8 oz	1 gal 1 cup (approx. 1 ½ No. 10 cans)	
Water		2 qt 1 cup		1 gal 2 cups	
Low-sodium chicken base		1 Tbsp		2 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Dried basil		3 Tbsp		$\frac{1}{4}$ cup 2 Tbsp	
Ground black pepper		$\frac{3}{4}$ tsp		1 $\frac{1}{2}$ tsp	
Sugar		3 Tbsp	3 oz	$\frac{1}{4}$ cup 2 Tbsp	
Canned no-salt-added tomato paste	3 oz	$\frac{1}{3}$ cup	6 oz	$\frac{2}{3}$ cup	2 Add tomato paste. Simmer uncovered over medium heat for 7 minutes. DO NOT OVER COOK.
					3 Puree ingredients in stock pot with a high-speed blender (immersion blender) for 3-5 minutes until mixture has a smooth consistency.
Margarine, trans fat-free	4 oz	$\frac{1}{2}$ cup	8 oz	1 cup	4 Fold in margarine. Simmer uncovered over medium heat for 2-3 minutes. Stir well.
					5 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					6 Pour 10 lb 14 oz (about 1 gal 1 $\frac{3}{4}$ qt) soup into a half deep steam table pan (12 $\frac{3}{4}$ " x 10 $\frac{1}{2}$ " 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 Serve 1 cup (portion with 8 oz spoodle).

NUTRITION INFORMATION

For 1 cup (8 oz spoodle)

NUTRIENTS	AMOUNT
Calories	65
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Total Fat	2 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	200 mg
Total Carbohydrate	10 g
Dietary Fiber	2 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	2 g
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Vitamin A	9 mcg RAE
Vitamin C	13 mg
Vitamin D	19 IU
Calcium	51 mg
Iron	1 mg
Potassium	330 mg
N/A=no data available.	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
*Fresh onions	2 lb 12 oz	5 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.

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 10 lb 14 oz	About 21 lb 12 oz
About 1 gal 1 $\frac{3}{4}$ qt/1 half deep steam table pan (12 $\frac{3}{4}$ " x 10 $\frac{1}{2}$ " x 6")	About 2 gal 3 $\frac{1}{2}$ qt/2 half deep steam table pans (12 $\frac{3}{4}$ " x 10 $\frac{1}{2}$ " x 6")

SOURCE:

CACFP Adult Portion Recipe Project