



Chicken or Turkey and Rice Soup

USDA Recipe for Schools

Our healthy and comforting Chicken or Turkey and Rice Soup combines chicken or turkey, brown rice, and puréed vegetables in chicken broth.

NSLP/SBP CREDITING INFORMATION

8 fl oz ladle (1 cup) soup and a rounded 2 fl oz spoodle (about 1.4 oz) of chicken provides 1.25 oz equivalent meat, $\frac{1}{4}$ cup other vegetable, $\frac{1}{8}$ cup additional vegetable, and 0.5 oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Old Bay seasoning		1 Tbsp 1 tsp		2 Tbsp 2 tsp	1 In a medium stock pot, add Old Bay seasoning, onion powder, garlic powder, poultry seasoning, brown rice, water, and chicken base. Cook uncovered over medium-high heat. Bring to a boil. 2 Simmer uncovered over medium heat for 10–15 minutes or until rice is completely cooked. Remove 2 cups 1 Tbsp (about 12 oz) rice. Set aside for step 5.
Onion powder		1 tsp		2 tsp	
Garlic powder		1 tsp		2 tsp	
Poultry seasoning		1 Tbsp		2 Tbsp	
Brown rice, long-grain, regular, dry, parboiled	1 lb 14 oz	1 qt $\frac{2}{3}$ cup 2 Tbsp	3 lb 12 oz	2 qt 1 $\frac{1}{2}$ cups 1 Tbsp 1 tsp	
Water		3 gal 2 cups		7 gal	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Chicken base, low-sodium		¼ cup 2 Tbsp		¾ cup	
*Celery, fresh, hopped	10 oz	1¾ cups 3 Tbsp 1 tsp	1 lb 4 oz	3¾ cups 2 Tbsp 2 tsp	3 Add celery, carrots, onions, mushrooms, parsley, pepper, and basil. Cook uncovered for 10–15 minutes or until soft.
Carrots, frozen, sliced, thawed	1 lb 12 oz	1 qt ¼ cup 2 Tbsp	3 lb 8 oz	2 qt ¾ cup	
*Onions, fresh, chopped	1 lb 12 oz	1¾ cups	3 lb 8 oz	3½ cups	
*Mushrooms, fresh, sliced	1 lb 12 oz	2 qt 1 Tbsp 1 tsp	3 lb 8 oz	1 gal 2 Tbsp 2 tsp	
Parsley, dried		¼ cup		½ cup	
Black or white pepper, ground		1 Tbsp		2 Tbsp	
Basil, dried		1 Tbsp		2 Tbsp	
					4 Purée ingredients in stock pot with an immersion mixer for 3–5 minutes until mixture has a smooth consistency.
					5 Fold in remaining rice.
					6 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					7 Pour 1 gal 1 qt (about 10 lb 14 oz) soup into a half steam table pan (12¾" x 10 ½" x 6"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					8 Critical Control Point: Hold for hot service at 135 °F or higher.
					9 Set aside for step 16.
Chicken or turkey, frozen, cooked, diced, thawed, ½" pieces	4 lb 8 oz	3 qt 3½ cups	9 lb	1 gal 3 qt 3 cups	10 Transfer 1 qt ¾ cups (about 2 lb 4 oz) chicken onto a steam table pan (12" x 20" x 2½") lightly coated with pan-release spray. For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					11 Bake: Conventional oven: 350 °F for 3–5 minutes. Convection oven: 325 °F for 2–3 minutes.
					12 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					13 Place 25 individual soufflé cups on a sheet pan (18" x 26" x 1"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					14 Portion a rounded 2 fl oz spoodle (about 1½ oz) of cooked chicken into each soufflé cup.
					15 Critical Control Point: Hold for hot service at 135 °F or higher.
					16 Portion soup with 8 fl oz ladle (1 cup), and serve with 1 soufflé cup of chicken.



NUTRITION INFORMATION

For 1 cup (8 fl oz ladle) of soup and a rounded 2 fl oz spoodle (about 1½ oz) of chicken.

NUTRIENTS	AMOUNT
Calories	110

Total Fat	3 g
Saturated Fat	1 g
Cholesterol	27 mg
Sodium	196 mg
Total Carbohydrate	10 g
Dietary Fiber	2 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	10 g
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Vitamin D	1 IU
Calcium	23 mg
Iron	1 mg
Potassium	154 mg

N/a=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	2 lb	4 lb
Celery	14 oz	1 lb 12 oz
Mushrooms	1 lb 12 oz	3 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

50 Servings	100 Servings
About 26 lb 4 oz	About 52 lb 8 oz
About 3 gal 1 qt ½ cup/2 steam table pans (12¾" x 10½" x 6")	About 6 gal 2 qt 1 cup/4 steam table pans (12¾" x 10½" x 6")