



Cream of Chicken Soup

USDA Recipe for Schools

Our Cream of Chicken Soup is a tasty combination of chicken and corn in a delicious creamy broth.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Margarine, trans-fat free	12 oz	1 ½ cups	1 lb 8 oz	3 cups	1 Melt margarine in a large stock pot.
*Celery, fresh, diced	12 oz	2 ¼ cups 1 Tbsp ½ tsp	1 lb 8 oz	1 qt ½ cup 2 Tbsp	2 Add celery. Sauté uncovered over medium heat for 1–2 minutes.
Flour, whole-wheat	8 oz	1 ¾ cups 2 tsp	1 lb	3 ½ cups 1 Tbsp 1 tsp	3 Add flour. Simmer uncovered over medium heat for 1–2 minutes.
Chicken broth, low-sodium		2 qt 2 cups		1 gal 1 qt	4 Slowly add chicken broth, stirring constantly until smooth and thickened. Cook uncovered over medium heat for 2–5 minutes.
Milk, nonfat		1 gal 2 cups		2 gal 1 qt	5 Slowly add milk, pepper, salt, garlic powder, onion powder, and oregano. Simmer uncovered over medium heat for 5–10 minutes.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pepper, black or white, ground		2 tsp		1 Tbsp 1 tsp	
Salt		1 tsp		2 tsp	
Garlic powder		¼ cup		½ cup	
Onion powder		¼ cup		½ cup	
Oregano		2 Tbsp		¼ cup	
Half-and-half, fat-free		1 qt		2 qt	6 Add half-and-half. Stir well. Reduce heat to low.
					7 Purée ingredients in stock pot with an immersion mixer for 3–5 minutes until mixture has a smooth consistency.
Chicken (cooked, frozen, thawed) ½" diced	3 lb 2 oz	2 qt 2 cups	6 lb 4 oz	1 gal 1 qt	8 Add chicken and corn. Simmer uncovered over medium heat for 5 minutes. Stir well.
Corn, cream style, canned, no-salt-added	14 oz	1 ½ cups 1 Tbsp 2 ⅓ tsp (approx. ⅓ No. 10 can)	1 lb 12 oz	3 cups 3 Tbsp 1 ⅔ tsp (approx. ¼ No. 10 can)	
					9 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					10 Pour 1 gal 1 qt (about 10 lb 14 ½ oz) soup into a half steam table pan (12 ¾" x 10 ½" x 6"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					11 Critical Control Point: Hold for hot service at 135 °F or higher.
					12 Portion with 8 fl oz ladle (1 cup).





NUTRITION INFORMATION

For 1 cup (8 fl oz ladle).

NUTRIENTS	AMOUNT
Calories	140
Total Fat	5 g
Saturated Fat	1 g
Cholesterol	22 mcg
Sodium	320 mg
Total Carbohydrate	12 g
Dietary Fiber	1 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	11 g
Vitamin D	65 IU
Calcium	134 mg
Iron	0 mg
Potassium	99 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Celery	1 lb	2 lb

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 21 lb 13 oz	About 43 lb 10 oz
About 2 gal 2 qt 3 2/3 cups/2 steam table pans (12 3/4" x 10 1/2" x 6")	About 5 gal 1 qt 3 1/4 cups/4 steam table pans (12 3/4" x 10 1/2" x 6")

