



Tomato Soup

USDA Recipe for Schools

Our Tomato Soup is a healthy classic with tomatoes, onions, and garlic in a chicken broth base with a hint of basil.

NSLP/SBP CREDITING INFORMATION

1 cup (8 fl oz ladle) provides $\frac{3}{8}$ cup red/orange vegetable and $\frac{1}{8}$ cup other vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh onions, diced	4 lb 14 oz	1 qt $\frac{2}{3}$ cup 2 Tbsp	9 lb 12 oz	2 qt 1 $\frac{1}{2}$ cups 1 tsp	1 In a large stock pot, add onions, garlic powder, tomatoes, water, chicken base, basil, salt, black pepper, and sugar. Bring to a boil. Reduce heat to medium.
Garlic powder	2 $\frac{1}{2}$ oz	$\frac{1}{4}$ cup	5 oz	$\frac{1}{2}$ cup	
Canned plum tomatoes, undrained	9 lb 8 oz	1 gal $\frac{1}{4}$ cup 2 Tbsp 2 tsp (about 1 $\frac{1}{2}$ No. 10 cans)	19 lb	2 gal $\frac{3}{4}$ cup 1 Tbsp 1 tsp (about 3 No. 10 cans)	
Water		1 gal 2 cup		2 gal 1 qt	
Low-sodium chicken base	3 oz	$\frac{1}{4}$ cup 2 Tbsp	6 oz	$\frac{3}{4}$ cup	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Dried basil		¼ cup 2 Tbsp		¾ cup	
Salt		½ tsp		1 tsp	
Ground black pepper		1½ tsp		1 Tbsp	
Sugar	3 oz	¼ cup 2 Tbsp	6 oz	¾ cup	
Canned no-salt-added tomato paste	6 oz	⅔ cup	12 oz	1⅓ cups (about ⅛ No. 10 can)	2 Add tomato paste. Simmer uncovered over medium heat for 8–10 minutes.
					3 Puree ingredients in stock pot with a bermixer (immersion mixer) for 3–5 minutes until mixture has a smooth consistency.
Margarine, trans-fat free	8 oz	1 cup	1 lb	2 cups	4 Fold in margarine. Simmer uncovered over medium heat for 2–3 minutes. Stir well.
					5 Critical Control Point: Heat to 135 °F or higher for at least 15 seconds.
					6 Pour 1 gal 1 qt 2 cups (about 10 lb 10½ oz) soup into a half steam table pan (12¾" x 10½" x 6"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					7 Critical Control Point: Hold for hot service at 135 °F or higher.
					8 Portion with 8 fl oz ladle (1 cup).



NUTRITION INFORMATION

For 1 cup (8 fl oz ladle).

NUTRIENTS	AMOUNT
Calories	71
Total Fat	2 g
Saturated Fat	1 g
Cholesterol	0 mg
Sodium	282 mg
Total Carbohydrate	11 g
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	0 IU
Calcium	53 mg
Iron	1 mg
Potassium	395 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	5 lb 10 oz	11 lb 4 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 21 lb 5 oz	About 42 lb 10 oz
About 2 gal 2 qt 2 ² / ₃ cups/ 2 steam table pans (12 ³ / ₄ " x 10 ¹ / ₂ " x 6")	About 5 gal 1 qt 1 ¹ / ₄ cups/4 steam table pans (12 ³ / ₄ " x 10 ¹ / ₂ " x 6")

