



Lemony Kale Quinoa Soup

Savory and satisfying soup with kale, quinoa, pinto beans, and lemon.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Washington State Office of Superintendent of Public Instruction on behalf of Highline Public Schools

Preparation Time: 20 minutes

Cook Time: 40 minutes

NSLP/SBP crediting information:

1 cup (8 oz ladle) provides

Crediting legumes as Vegetables: ¼ cup beans and peas (legumes) vegetables, ⅛ cup dark green vegetable, and ½ oz equivalent grains.

Or

Crediting legumes as Meats/Meat Alternates: ⅛ cup dark green vegetable, 1 oz equivalent meats/meat alternates, and ½ oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Vegetable oil	1 9/10 oz	¼ cup	3 4/5 oz	½ cup	1. Heat the steam kettle or large stock pot to medium-high heat. Once warm, add oil, onion, garlic, and oregano. Sauté until onions are soft, about 5 minutes.
*Yellow onion, fresh, chopped	1 lb	2 qt ¾ cup	2 lb	1 gal 1 ½ cups	
Garlic, fresh, minced	2 oz	¼ cup	4 oz	½ cup	
Oregano, dried		2 Tbsp		¼ cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water, tap		3 gal		6 gal	2. Add water to onion mixture and bring to a boil.
Chicken base, low sodium	4 oz	1/3 cup	8 oz	2/3 cup	3. Add chicken base and whisk to ensure base is fully dissolved.
Pinto beans, canned, drained and rinsed	6 lb		12 lb		4. Add beans and quinoa.
Quinoa, dry, rinsed	2 lb		4 lb		5. Reduce heat and simmer until quinoa is soft and tender, about 10 minutes.
*Kale, washed, tough ribs removed, leaves sliced	2 lb	3 qt 1 1/2 cup	4 lb	1 gal 2 qt 3 cups	6. Add kale, lemon juice, and pepper. Let cook an additional 2-3 minutes or until kale softens and is bright green. Continue to simmer for an additional 20 minutes to let flavors meld and internal temperature reaches at least 165 °F. Critical Control Point: Heat soup to internal temperature of 165 °F for at least 15 seconds. Hold for hot service at 135 °F or higher through service. Chill for later use in pans with no more than 2" depth of food. Cool to 70 °F within 2 hours and 40 °F within 4 hours. Reheat to a minimum internal temperature of 165 °F for at least 15 seconds.
Lemon juice	115 g	1/2 cup	230 g	1 cup	7. For service, ladle 8 oz of soup into each bowl.
Pepper, ground	3 1/2 g	1 1/2 tsp	7 g	1 Tbsp	

LEMONY KALE QUINOA SOUP
NUTRITION INFORMATION

For 1 cup (8 oz)

NUTRIENTS **AMOUNT**
Calories **158**

Total Fat **3 g**
Saturated Fat 0 g
Cholesterol 2 mg
Sodium **194 mg**
Total Carbohydrates **26 g**
Dietary Fiber 5 g
Total Sugars 1 g
Added Sugars included 0 g
Protein **8 g**

Vitamin A 184 mcg RAE
Vitamin C 5 mg
Vitamin D 0 IU
Calcium 84 mg
Iron 2 mg
Potassium 302 mg

N/A=data not available.

*MARKETING GUIDE		
Food as Purchased for	50 Servings	100 Servings
Kale, untrimmed	3 lb	6 lb
Onion, mature, fresh, whole	1 lb 3 oz	2 lb 6 oz

NOTES
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.</p> <p>This soup can be made vegan by substituting vegetable stock for the chicken base and water.</p> <p>Use fresh lemon juice or canned lemon juice. Meyer lemons and juice will result in a lemon flavor that is too mild for this soup.</p> <p>Serve with one cheese breadstick or whole grain roll. Serve with sunflower seeds for additional M/MA crediting.</p> <p>Cooking Process #2: Same Day Service</p>

YIELD/VOLUME	
50 Servings	100 Servings
About 3 gal 2 cups	About 6 gal 1 qt

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

