



Bison and Barley Soup

Our bison and barley soup features local bison and fresh vegetables simmered in a tomato-based sauce.

Recipe Project Name: Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development
Montana Office of Public Instruction

Preparation Time: 30 minutes

Cook Time: 3 hours

NSLP/SBP crediting information:

1 cup (8 fl oz spoodle) provides 1 ¾ oz equivalent meat, ¼ cup red/orange vegetable, ⅛ cup starchy vegetable, ¼ cup other vegetable, and ¼ oz equivalent grains.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Ground bison, raw	8 lb		16 lb		<ol style="list-style-type: none"> 1. Thaw frozen ground bison for at least 5 days in advance in refrigerator in a thawing tub at or below 41 °F. 2. Add bison, oil and salt to large stock pot or tilt skillet. Cook bison on the day to be served to no less than 155 °F for at least 15 seconds. Critical Control Point: Cook to 155 °F for at least 15 seconds. Bison should be cooked low and slow (cooking the day before may be best. Cool down to 41 °F within 6 hours of cooking it. Keep refrigerated until next day). Cook, breaking up meat until fully browned through.
Vegetable oil		3 Tbsp		¼ cup 2 Tbsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Salt		1 Tbsp		2 Tbsp	
Barley, hulled, dry	1 lb 8 oz	3 ½ cups	3 lb	1 qt 3 cups	3. Add barley and the water. Cook until barley starts to become tender (about 1 hour).
Water		3 gallons		6 gallons	
*Onion, fresh, diced	1 lb	1 qt	2 lb	2 qt	
*Green bell pepper, fresh, diced	1 lb	1 qt	2 lb	2 qt	4. Add the rest of the ingredients (except for the cabbage; it is added at the end). Keep cooking until the vegetables become tender. You may need to add more water. Continue cooking for 1-2 hours until the barley is tender.
*Celery, fresh, diced	8 oz	1 ½ cups	1 lb	3 cups	
Tomatoes, diced, canned, low sodium	3 lb	1 qt 1 ¼ cups	6 lb	2 qt 2 ½ cups	
Tomato sauce, canned, low sodium	3 lb	1 qt 1 ¼ cups	6 lb	2 qt 2 ½ cups	
Green beans, canned, drained	3 lb	2 ½ cups	6 lb	1 qt 1 cup	
Carrots, diced, frozen	3 lb	3 ¾ cups	6 lb	1 qt 3 ½ cups	
Potatoes, diced, frozen	3 lb	3 ½ cups	6 lb	1 qt 3 cups	
Beef base, low sodium (choose one with meat listed as the first ingredient)	3 ⅛ oz	¼ cup	6 ¼ oz	½ cup	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Pepper, black		1 Tbsp		2 Tbsp	
Onion Powder		2 Tbsp		¼ cup	
Celery seed		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Red pepper flakes, dried		½ tsp		1 tsp	
*Green cabbage, fresh, raw, shredded	1 lb	1 qt	2 lb	2 qt	<p>5. Add the cabbage. Cook until the soup reaches 165 °F. Critical Control Point: Heat to 165 °F for at least 15 seconds.</p> <p>6. Portion into soup kettles. Critical Control Point: Hold for hot service at 135 °F or higher. Serve an 8 fl oz portion.</p> <p>7. Any remaining soup may be cooled down to 41 °F.</p> <p>Follow this 2-step cooling process: Critical Control Point: Cool from 135 °F to 70 °F within 2 hours. Cool from 70 °F to 41 °F or below within 4 hours.</p> <p>May be served back out, after reheating to 165 °F for at least 15 seconds.</p>



NUTRITION INFORMATION

For 1 Cup (8 fl oz spoodle)

NUTRIENTS	AMOUNT
Calories	212
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Total Fat	6.5 g
Saturated Fat	2.3 g
Cholesterol	40 mg
Sodium	254 mg
Total Carbohydrate	21 g
Dietary Fiber	5 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	18 g
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Vitamin A	N/A
Vitamin C	N/A
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A=data not available.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Onion, mature, fresh, whole	1 lb 2 oz	2 lb 4 oz
Green pepper, fresh, whole	1 lb 4 oz	2 lb 8 oz
Celery, fresh, trimmed	10 oz	1 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 #3: complex

YIELD/VOLUME

50 Servings	100 Servings
About 3 gal 3 qt	About 7 gal 2 qt

SOURCE:

FY 2021 Cohort A Team Nutrition Training Grant

