

# **Bison and Barley Soup**

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

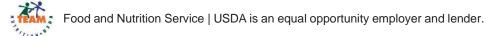
**Recipe Project Name:** Fiscal Year 2021 Cohort A Team Nutrition Training Grant for School Meal Recipe Development *Montana Office of Public Instruction* 

Preparation Time: 30 minutes Cook Time: 3 hours

## **NSLP/SBP** crediting information:

1 cup (8 fl oz spoodle) provides 1  $\frac{3}{4}$  oz equivalent meat,  $\frac{1}{4}$  cup red/orange vegetable,  $\frac{1}{8}$  cup starchy vegetable,  $\frac{1}{4}$  cup other vegetable, and  $\frac{1}{4}$  oz equivalent grains.

	50 SERVINGS		100 SERVINGS		
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS
Ground bison, raw	8 lb		16 lb		<ol> <li>Thaw frozen ground bison for at least 5 days in advance in refrigerator in a thawing tub at or below 41 °F.</li> </ol>
Vegetable oil		3 Tbsp		1⁄4 cup 2 Tbsp	<ol> <li>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.</li> </ol>
					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.



	50 SERVINGS		100 SERVINGS		
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS
Salt		1 Tbsp		2 Tbsp	
Barley, hulled, dry	1 lb 8 oz	3 ½ cups	3 lb	1 qt 3 cups	<b>3.</b> 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	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.
*Green bell pepper, fresh, diced	1 lb	1 qt	2 lb	2 qt	
*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 ⅓ oz	¼ cup	6 ¼ oz	1⁄2 cup	



	50 SE	RVINGS	100 SI	ERVINGS	
INGREDIENTS	Weight	Measure	Weight	Measure	DIRECTIONS
Pepper, black		1 Tbsp		2 Tbsp	
Onion Powder		2 Tbsp		1⁄4 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	<ol> <li>Add the cabbage. Cook until the soup reaches 165 °F. Critical Control Point: Heat to 165 °F for at least 15 seconds.</li> <li>Portion into soup kettles. Critical Control Point: Hold for hot service at 135 °F or higher. Serve an 8 fl oz portion.</li> <li>Any remaining soup may be cooled down to 41 °F. 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. May be served back out, after reheating to 165 °F for at least 15 seconds.</li> </ol>



#### NUTRITION INFORMATION

For 1 Cup (8 fl oz spoodle)

AMOUNT 212
6.5 g 2.3 g 40 mg 254 mg 21 g 5 g N/A N/A 18 g
N/A N/A N/A N/A N/A

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

