# Tuscan Smoked Turkey and Bean Soup

**Meal Components:** Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable

**Soups H-12r**

## Ingredients

| Ingredient | 50 Servings | 100 Servings | Directions
|------------|-------------|--------------|-------------
| *Fresh onions, diced *½” | 1 lb | 2 lb | 1 qt 2 cups 1. Place onions, celery, carrots, kale, tomato paste, and garlic in a large stockpot. Sweat vegetable mixture over medium-high heat. Stir frequently. Cook until vegetables are softened and onions are translucent.
| *Fresh celery, diced | 12 oz | 1 lb 8 oz | 1 qt 1 cup 2. Add stock, beans, salt, and pepper.
| *Fresh carrots, diced | 12 oz | 1 lb 8 oz | 1 qt 1 cup 3. Reduce temperature to low heat. Cover and simmer for 20 minutes. Stir occasionally.
| *Fresh kale, no stems, coarsely chopped | 1 lb | 2 lb | 1 gal 2 ¼ qt
| Canned low-sodium tomato paste | 9 oz | 1 lb 2 oz | 2 cups (½ No. 2 ½ can) 4. Add turkey, parsley, thyme, and basil. Stir well. Simmer a minimum of 10 minutes. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
| Fresh garlic, minced | ½ cup | 1 cup | 5. Critical Control Point: Hold for hot service at 135 °F or higher.
| Low-sodium chicken stock | 2 gal | 4 gal | 6. Portion with 8 fl oz ladle (1 cup).
| Canned low-sodium Navy beans, drained, rinsed OR *Dry Navy beans, cooked (See Notes Section) | 5 lb 12 oz OR 5 lb 12 oz | 11 lb 8 oz OR 11 lb 8 oz | 1 gal 3 ¼ qt OR 1 gal 3 ¼ qt
| Salt | 1 Tbsp 1 tsp | 2 Tbsp 2 tsp
| Ground black pepper | 1 tsp | 2 tsp
| Smoked turkey breast, ¼” pieces | 2 lb 12 oz | 5 lb 8 oz | 1 gal
| *Fresh parsley, chopped | ¼ cup | ½ cup
| Fresh thyme, finely chopped | ¼ cup | ½ cup
| Fresh basil, finely chopped | ¼ cup | ½ cup

### Process #2: Same Day Service

- Weight Measure
- Weight Measure

**Notes:**

1. Use low-sodium tomato paste.
2. Use low-sodium Navy beans.
3. Use low-sodium chicken stock.
4. Use smoked turkey breast.
5. Use fresh herbs.

**Notes Section:**

- **Dry Navy beans, cooked:** Follow the same directions as for the canned beans, but increase the cooking time to a minimum of 15 minutes. Use a pressure cooker if available.

**MIC:**

- Use a microwave with a temperature sensor or a microwave-safe container.

**Storage:**

- Store at refrigerated temperatures.

**Preparation:**

- Prepare all ingredients before starting the recipe.

**Cooking:**

- Cook in a large stockpot over medium-high heat.

**Serving:**

- Serve hot, garnished with fresh herbs if desired.
Tuscan Smoked Turkey and Bean Soup

Meal Components: Meat/Meat Alternate-Legume Vegetable-Red/Orange Vegetable-Other Vegetable

Notes

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

1 lb dry Navy beans = about 2 ¼ cups dry or 5 ½ cups cooked beans.

Marketing Guide

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<th>Food as Purchased for</th>
<th>50 servings</th>
<th>100 servings</th>
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<tr>
<td>Mature onions</td>
<td>1 lb 4 oz</td>
<td>2 lb 8 oz</td>
</tr>
<tr>
<td>Celery</td>
<td>14 ½ oz</td>
<td>1 lb 13 oz</td>
</tr>
<tr>
<td>Carrots</td>
<td>14 ½ oz</td>
<td>1 lb 13 oz</td>
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<tr>
<td>Kale</td>
<td>1 lb 8 oz</td>
<td>3 lb</td>
</tr>
<tr>
<td>Dry Navy beans</td>
<td>2 lb 10 oz</td>
<td>5 lb 4 oz</td>
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<tr>
<td>Parsley</td>
<td>1 oz</td>
<td>2 oz</td>
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Nutrients Per Serving

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<th></th>
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<th>Protein</th>
<th>Carbohydrate</th>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Vitamin A</th>
<th>Vitamin C</th>
<th>Iron</th>
<th>Calcium</th>
<th>Sodium</th>
<th>Dietary Fiber</th>
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<tr>
<td></td>
<td>134.55</td>
<td>14.51 g</td>
<td>13.62 g</td>
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<td>0.67 g</td>
<td>20.68 mg</td>
<td>3058.35 IU</td>
<td>7.00 mg</td>
<td>2.28 mg</td>
<td>61.62 mg</td>
<td>524.69 mg</td>
<td>3.66 g</td>
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</tbody>
</table>

Serving

1 cup (8 fl oz ladle) provides:

Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate, ¼ cup red/orange vegetable, and ½ cup other vegetable.

OR

Legume as Vegetable: ½ oz equivalent meat, ¼ cup legume vegetable, ½ cup red/orange vegetable, and ¼ cup other vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.