

Tuscan Smoked Turkey and Bean Soup

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

Soups H-12r

Ingredients	50 Servings		100 Servings		Directions Process #2: Same Day Service
	Weight	Measure	Weight	Measure	
*Fresh onions, diced ½"	1 lb	3 cups 2 Tbsp	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	2 ½ cups	1 lb 8 oz	1 qt 1 cup	
*Fresh carrots, diced	12 oz	2 ½ cups	1 lb 8 oz	1 qt 1 cup	
*Fresh kale, no stems, coarsely chopped	1 lb	3 qt ½ cup	2 lb	1 gal 2 ¼ qt	
Canned low-sodium tomato paste	9 oz	1 cup (⅓ No. 2 ½ can)	1 lb 2 oz	2 cups (⅓ No. 2 ½ can)	
Fresh garlic, minced		½ cup		1 cup	
Low-sodium chicken stock		2 gal		4 gal	2. Add stock, beans, salt, and pepper. 3. Reduce temperature to low heat. Cover and simmer for 20 minutes. Stir occasionally.
Canned low-sodium Navy beans, drained, rinsed OR *Dry Navy beans, cooked (See Notes Section)	5 lb 12 oz OR 5 lb 12 oz	3 qt 3 ½ cups (1 ½ No. 10 cans) OR 3 qt 3 ½ cups	11 lb 8 oz OR 11 lb 8 oz	1 gal 3 ¾ qt (3 No. 10 cans) OR 1 gal 3 ¾ 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	2 qt	5 lb 8 oz	1 gal	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 parsley, chopped		¼ cup		½ cup	
Fresh thyme, finely chopped		¼ cup		½ cup	
Fresh basil, finely chopped		¼ cup		½ cup	
					5. Critical Control Point: Hold for hot service at 135 °F or higher. 6. Portion with 8 fl oz ladle (1 cup).

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Notes
<p>*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available</p> <p>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.</p> <p>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 ⅞ cups cooked beans.</p>

Marketing Guide		
Food as Purchased for	50 servings	100 servings
Mature onions	1 lb 4 oz	2 lb 8 oz
Celery	14 ½ oz	1 lb 13 oz
Carrots	14 ½ oz	1 lb 13 oz
Kale	1 lb 8 oz	3 lb
Dry Navy beans	2 lb 10 oz	5lb 4 oz
Parsley	1 oz	2 oz

Nutrients Per Serving					
Calories	134.55	Saturated Fat	0.67 g	Iron	2.28 mg
Protein	14.51 g	Cholesterol	20.68 mg	Calcium	61.62 mg
Carbohydrate	13.62 g	Vitamin A	3058.35 IU	Sodium	524.69 mg
Total Fat	2.83 g		(152.89 RAE)	Dietary Fiber	3.66 g
		Vitamin C	7.00 mg		

Serving	Yield	Volume
1 cup (8 fl oz ladle) provides:	50 Servings: about 25 lb 8 oz	50 Servings: about 3 gallons
<p>Legume as Meat Alternate: 1 ½ oz equivalent meat/meat alternate, ⅓ cup red/orange vegetable, and ⅓ cup other vegetable.</p> <p>OR</p> <p>Legume as Vegetable: ½ oz equivalent meat, ¼ cup legume vegetable, ⅓ cup red/orange vegetable, and ⅓ cup other vegetable.</p> <p><i>Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not as both simultaneously.</i></p>	100 Servings: about 50 lb	100 Servings: about 6 gallons