

# Bean Soup

Meat/Meat Alternate-Vegetable

Soups

H-01

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken or ham stock, non-MSG		2 gal 1 qt		4 gal 2 qt	1. Combine stock, beans, tomato paste, onions, celery, carrots, pepper, parsley, and ham (optional). Bring to boil. (If desired, liquid from cooked beans may be used as part of the stock.)  2. Reduce heat. Cover. Simmer for 20 minutes or until vegetables are tender.  CCP: Heat to 165° F or higher for at least 15 seconds.  3. Combine flour and water. Mix until smooth.  4. Add to stock mixture. Stir well and cook over medium heat until thickened, 10-12 minutes.  5. Pour 8 lb 7 ¼ oz (1 gal ¾ cup) into a medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.  CCP: Hold for hot service at 135° F or higher.  6. Portion with 8 oz ladle (1 cup).
*Cooked dry Navy beans (see Special Tip)	10 lb 2 oz	1 gal 2 ½ qt	20 lb 4 oz	3 gal 1 qt	
Canned tomato paste	7 oz	¾ cup 1 Tbsp	14 oz	1 ½ cups 2 Tbsp	
*Fresh onions, chopped OR Dehydrated onions	14 oz OR 2 ½ oz	2 ½ cups OR 1 ¼ cups	1 lb 12 oz OR 5 oz	1 qt ¾ cup OR 2 ½ cups	
*Fresh celery, chopped	6 ½ oz	1 ½ cups 2 Tbsp	13 oz	3 ¼ cups	
*Fresh carrots, chopped	6 ½ oz	1 ¾ cups	13 oz	3 ½ cups	
Ground black or white pepper		1 tsp		2 tsp	
Dried parsley		¼ cup		½ cup	
Cooked ham, diced (optional)	1 lb	3 cups	2 lb	1 qt 2 cups	
Enriched all-purpose flour	4 ½ oz	1 cup 1 Tbsp	9 oz	2 cups 2 Tbsp	
Water		1 cup		2 cups	

**Comments:**

\*See Marketing Guide.

**Marketing Guide for Selected Items**

Food as Purchased for	50 Servings	100 Servinas
Dry Navy beans	4 lb 4 oz	8 lb 8 oz
Mature onions	1 lb	2 lb

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Celery	8 oz	1 lb
Carrots	8 oz	1 lb

**SERVING:**

1 cup (8 oz ladle) provides 2 oz equivalent meat/meat alternate and  $\frac{1}{8}$  cup of vegetable.

**YIELD:**

**50 Servings:** about 25 lb 6 oz

**100 Servings:** about 50 lb 12 oz

**VOLUME:**

**50 Servings:** about 3 gallons 2 cups

**100 Servings:** about 6 gallons 1 quart

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Special Tip:

**SOAKING BEANS**

Overnight method: Add 1  $\frac{3}{4}$  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  $\frac{3}{4}$  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  $\frac{1}{2}$  tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

CCP: Hold for hot service at 135° F.

OR

Chill for later use. If chilling:

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry Navy beans = about 2  $\frac{1}{4}$  cups dry or 5  $\frac{7}{8}$  cups cooked beans.

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## Nutrients Per Serving

<b>Calories</b>	159	<b>Saturated Fat</b>	0.22 g	<b>Iron</b>	2.66 mg
<b>Protein</b>	9.28 g	<b>Cholesterol</b>	1 mg	<b>Calcium</b>	79 mg
<b>Carbohydrate</b>	29.37 g	<b>Vitamin A</b>	1073 IU	<b>Sodium</b>	329 mg
<b>Total Fat</b>	0.88 g	<b>Vitamin C</b>	4.4 mg	<b>Dietary Fiber</b>	6.4 g