

Sweet potato vegetable soup

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8(8oz)

Ingredients	Qty	Measure
Onion (medium chop)	2	cups
Celery (medium chop)	2	cups
Carrots (sliced)	3	cups
Green cabbage (chunks)	3	cups
Fresh garlic (minced)	1	Tbsp.
Frozen corn	1	cup
Frozen mixed vegetables	1	cups
Sweet potatoes (small chunks)	3	cups
Water	3	qts
Tomato sauce	2	cups
Salt	1	Tbsp.
Pepper	1	Tbsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Sweat onions, celery, carrots and carrots
2. Add corn, mixed vegetables, and sweet potatoes
3. Add water and continue to cook till sweet potatoes are tender and not mushy
4. Stir in tomato sauce, bring to a boil and allow to bubble for 2 minutes
5. Serve

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

8 oz. garnish with fresh chopped parsley.

Nutrition Information *From USDA Nutrient Database

Calories: 119 Total Fat:1g Saturated Fat: 0 Carbohydrate: 25g Protein: 4g Sodium: 281mg
Vitamin A: 618µg Vitamin C: 31mg Calcium: 71mg Iron: 1mg Folic Acid: 51µg