



Soups

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United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

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"Big Bad Wolf" Vegetable Soup

Makes: 12 or 48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Olive oil		1 Tbsp		1/4 cup
Onion, chopped		1 cup		4 cups
Red bell pepper, chopped		1-1/2 cups		6 cups
Garlic		1 clove		4 cloves
Chili powder		1 Tbsp		4 Tbsp
Butternut squash, peeled, diced		2 cups		8 cups
Pinto beans, canned, drained and rinsed		4 cups		16 cups
Water		1-1/2 cups		6 cups
Whole-kernel corn, frozen		2 cups		8 cups
Tomatoes, stewed		1 cup		4 cups

Directions

1. Heat oil in a large non-stick skillet over medium heat. Add onions, bell peppers and garlic. Cover and cook 5 minutes.
2. Add chili powder. Cook 1 minute, stirring constantly.
3. Place onion and pepper mixture in slow cooker. Add squash, beans, water, corn and tomatoes. Cover and cook on LOW for 8 hours or until soup is thick.

Notes

Serving Tips:

Cooking on HIGH will take less time, but be sure not to scorch the soup on the bottom of the pot.

Additional Tips:

For added protein and a non-vegetarian option, add leftover chicken. You can also add any other leftover vegetables and spices to change the flavor.

My Notes

Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware. Recipe adapted from Cooking Light. Slow Cooker. Birmingham (AL): Ox moor House, Inc.; 2006.

Nutrition Information

Nutrients	Amount
Calories	286
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	64 mg
Total Carbohydrate	53 g
Dietary Fiber	12 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	15 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available

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Greens & Beans Soup

Prep time: 20 minutes

Cook time: 40 minutes

Makes: 25 or 50 Servings

The spice combination in this North African dish is sure to delight your taste buds. The paprika, cumin, cinnamon, ginger, and thyme provide an aromatic blend of scents and introduces children to new flavors. These spices are often combined to be used as rubs for meats or sprinkled on roasted vegetables.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Canola oil		1/4 cup		1/2 cup
*Onions, fresh, peeled, 1/4" diced	8 oz	2 cups	1 lb	1 qt
*Sweet potatoes, fresh, peeled, 1/2" cubed	12 1/2 oz	2 3/4 cups	1 lb 9 oz	1 qt 1 1/2 cups
Garbanzo beans (chickpeas), low-sodium, canned, drained, and rinsed	3 lbs 9 oz	2 qts 1 3/4 cups (12 1/2 cups No. 10 can)	7 lbs 2 oz	1 gallon 1 qt 1 cup (2 No. 10 cans)
Paprika, dried, ground		2 tsp		1 Tbsp 1 tsp
Cinnamon, dried, ground		2 tsp		1 Tbsp 1 tsp
Ginger, dried, ground		2 tsp		1 Tbsp 1 tsp
Cumin, dried, ground		2 tsp		1 Tbsp 1 tsp
Thyme, dried, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Salt, table		2 tsp		1 Tbsp 1 tsp
Black pepper, ground		1 tsp		2 tsp
*Collard greens, raw, stems removed, chopped into long, thick strips (chiffonade), packed	1 lb 2 3/4 oz	1 gallon 1 qt 1 cup	2 lbs 5 1/2 oz	2 gallons 2 qts 2 cups
Salsa, tomato, traditional (not chunky)	9 oz	1 cup (1/8 No. 10 can)	1 lb 2 oz	2 cups (1/4 No 10 can)
Water		2 qts 1/3 cup		1 gallon 2/3 cup

Directions

1. Heat oil in stockpot on medium-high heat. For 25 servings, use a medium stockpot. For 50 servings, use a large stockpot.
2. Add onions and sweet potatoes, sauté until onions are soft. Do not brown.
3. Add garbanzo beans and dried spices. Continue cooking, stirring frequently, for 1 minute or until seasonings have fully coated the vegetables. See instructions below for using dry garbanzo beans (chickpeas).
4. Add collard greens and cook for 1 minute, stir frequently.

5. Add salsa and 1 cup of water. Bring to a boil.

6. Reduce heat to medium and simmer covered for 25-30 minutes or until sweet potatoes are tender. Note: check frequently to make sure stew is not sticking to the bottom of the pot. Add more water if needed. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.

7. Serve 2/3 cup (No. 6 scoop). Critical Control Point: Hold at 140 °F or higher.

Notes

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

Tips for Soaking Dry Beans:

1 lb. dry garbanzo beans (chickpeas) = about 2 1/2 cups dry or 6 1/4 cups cooked garbanzo beans (chickpeas).

Overnight Method: Add 1 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 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.

Tips for Cooking Dry Beans:

Once the beans have been soaked, add 1 3/4 qt. water for every lb. of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use cooked beans immediately.

Critical Control Point:

Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

For a household recipe that yields 6 servings see: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/greens-beans-soup>.

My Notes

Source: Team Nutrition: Adapted from North African Gumbo recipe by Jorge Collazo, New York City Schools.

Nutrition Information

Nutrients	Amount	Meal Components
Calories	134	Vegetables
Total Fat	4 g	Red & Orange 1/4 cup
Saturated Fat	0 g	Meat / Meat Alternate 1 1/4 ounces
Cholesterol	N/A	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Sodium	375 mg	
Total Carbohydrate	20 g	
Dietary Fiber	6 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	6 g	
Vitamin D	N/A	
Calcium	74 mg	
Iron	1 mg	
Potassium	N/A	
N/A - data is not available		



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Old Fashioned Vegetable Soup

Makes: 50 or 100 Servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Frozen Vegetables (mixture of carrots, potatoes, peas, green beans, corn)	6 lb		12 lb	
Onion, diced, ready to use	2 lb		4 lb	
Green pepper, diced	1 lb		2 lb	
Tomato juice, low sodium, cnd		4-48 oz cans		8-48 oz cans
Water		1 qt		2 qt
Mushrooms, canned, sliced	24 oz		48 oz	
Bay leaf		5 leaves		8 leaves

Directions

1. Combine all ingredients in large tilt skillet, stock pot or Dutch oven.
2. Bring to a boil.
3. Cover and reduce heat to simmer for 30-45 minutes.
4. Remove bay leaf before serving.
5. Serve $\frac{3}{4}$ cup of soup per person.

My Notes

Source: Produce for Better Health Foundation/Pictsweet Frozen Foods

Nutrition Information

Nutrients	Amount	Meal Components
Calories	68	Vegetables 1/2 cup
Total Fat	0 g	
Saturated Fat	N/A	
Cholesterol	N/A	
Sodium	177 mg	
Total Carbohydrate	16 g	
Dietary Fiber	4 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	3 g	
Vitamin D	N/A	
Calcium	34 mg	
Iron	1 mg	
Potassium	N/A	

N/A - data is not available

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)



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Tomato Vegetable Soup

Makes: 50 or 100 Servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Tomato juice, low sodium, canned		4 48 oz cans		8 48 oz cans
Frozen vegetables (mixture of carrots, potatoes, peas, corn, green beans)	6 lb		12 lb	
Onion, diced, ready-to-use	2 lb		4 lb	
Green peppers, diced	1 lb		2 lb	
Water		1 qt		2 qt
Mushrooms, canned, sliced	24 oz		48 oz	
Bay leaves		5 leaves		8 leaves

Directions

1. Combine all ingredients in large tilt skillet, stockpot or Dutch oven.
2. Bring to a boil.
3. Cover and reduce heat to simmer for 30-45 minutes.
4. Remove bay leaves before serving.
5. Serve 3/4 cup (6 ounces).

Notes

Additional Tips:

You can find the recipe for 25 servings and family-sized servings [here](#) .

My Notes

Source: NH Obesity Prevention Program, DHHS, DPHS

Nutrition Information

Nutrients	Amount	Meal Components
Calories	70	Vegetables 1/2 cup
Total Fat	N/A	
Saturated Fat	N/A	
Cholesterol	N/A	
Sodium	150 mg	
Total Carbohydrate	15 g	
Dietary Fiber	3 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	3 g	
Vitamin D	N/A	
Calcium	N/A	
Iron	N/A	
Potassium	N/A	

N/A - data is not available

[For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.](#)

Thick Vegetable Soup

Meat/Meat Alternate-Vegetable-Grains/Breads

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Ingredients	60 Servings		120 Servings		Directions
	Weight	Measure	Weight	Measure	
Vegetable stock, non-MSG		2 gal		4 gal	1. Heat vegetable stock to a boil.
Dry lentils	14 oz	2 cups 2 Tbsp	1 lb 12 oz	1 qt ¼ cup	2. Add lentils and barley. Reduce heat and simmer for 20 minutes.
Dry barley	1 lb 7 oz	3 1/4 cups	2 lb 14 oz	1 qt 2 ½ cups	
*Fresh onions, diced finely OR Dehydrated onions	1 lb OR 3 oz	2 ¾ cups OR 1 ½ cups	2 lb OR 6 oz	1 qt 1 ½ cups OR 3 cups	3. Add onions, carrots, celery, potatoes, tomato paste, pepper, and water. Simmer covered, for 25 minutes over low heat.
*Fresh carrots, diced 1/2"	2 lb	1 qt 3 ¾ cups	4 lb	3 qt 3 ½ cups	
*Fresh celery, diced 1/2"	8 oz	2 cups	1 lb	1 qt	
*Fresh white potatoes, peeled, cubed	8 oz	1 ½ cups	1 lb	3 cups	
Canned tomato paste	1 lb 2 ½ oz	2 cups	2 lb 5 oz	1 qt (½ No. 10 can)	
Ground black or white pepper		1 tsp		2 tsp	
Water		1 qt		2 qt	
Canned pinto beans, drained OR *Dry pinto beans, cooked (see Special Tips)	5 lb 9 ½ oz OR 5 lb 9 ½ oz	3 qt ½ cup (1 ½ No. 10 cans) OR 2 qt 2 ½ cups	11 lb 3 oz OR 11 lb 3 oz	1 gal 2 ¾ qt (2 ¾ No. 10 cans) OR 1 gal 1 ¼ qt	4. Add pinto beans, corn, green beans, cabbage (optional). Simmer covered, for 15 minutes over medium heat. CCP: Heat to 165° F or higher for at least 15 seconds.
Frozen whole-kernel corn	1 lb	2 ¾ cups	2 lb	1 qt 1 ½ cups	
Frozen cut green beans	1 lb	1 ¾ cups 2 Tbsp	2 lb	3 ¾ cups	
*Fresh cabbage, shredded (optional)	1 lb	1 qt ¾ cup	2 lb	2 qt 1 ½ cups	
Water		1 qt		2 qt	5. Pour 10 lb (1 gal 1 qt) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.
					6. CCP: Hold for hot service at 135° F or higher. Portion with 8 oz ladle (1 cup).

Thick Vegetable Soup

Meat/Meat Alternate-Vegetable-Grains/Breads

Soups

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Comments:
* See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	60 Servings	120 Servinas
Mature onions	1 lb 3 oz	2 lb 6 oz
Carrots	2 lb 7 oz	4 lb 14 oz
Celery	10 oz	1 lb 4 oz
Potatoes	10 oz	1 lb 4 oz
Dry pinto beans	2 lb 7 oz	4 lb 14 oz
Cabbage	1 lb 3 oz	2 lb 6 oz

SERVING:

1 cup (8 oz ladle) provides 1 oz equivalent meat/meat alternate, 3/8 cup of vegetable, and 1/2 serving of grains/breads.

YIELD:

60 Servings: about 30 lb

120 Servings: about 60 lb

VOLUME:

60 Servings: about 3 gallons 3 quarts

120 Servings: about 7 gallons 2 quarts

Tested 2004, Tested 2007

Special Tips:

1) Garnish with Parmesan cheese.

2) SOAKING BEANS

Overnight method: Add 1 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 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 1/2 tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

Thick Vegetable Soup

Meat/Meat Alternate-Vegetable-Grains/Breads

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CCP: Hold for hot service at 135° F.

OR

Chill for later use.

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

1 lb dry pinto beans = about 2 ³/₈ cups dry or 5 ¹/₄ cups cooked pinto beans.

Nutrients Per Serving					
Calories	146	Saturated Fat	0.12 g	Iron	2.23 mg
Protein	6.72 g	Cholesterol	0 mg	Calcium	58 mg
Carbohydrate	29.96 g	Vitamin A	3396 IU	Sodium	283 mg
Total Fat	0.62 g	Vitamin C	12.6 mg	Dietary Fiber	6.6 g



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Tropical Fruit Gazpacho

Makes: 50 Servings

50 Servings

Ingredients	Weight	Measure
Mango, frozen, chunk	1 lb	
Papaya, fresh	1 lb	
Cucumber, fresh	1 lb	
Green bell pepper, fresh	10 oz	
Red bell pepper, fresh	10 oz	
Cilantro, fresh		2 Tbsp
Parsley, fresh		3 Tbsp
Pineapple juice		2 1/2 qt
Pineapple, canned, crushed in juice	1 lb	
Lemon juice		2 tbsp
Salt		1 tsp

Directions

1. Thaw mango chunks.
2. Peel and chop papaya.
3. Peel and dice cucumber.
4. Dice green and red peppers.
5. Chop cilantro and parsley.
6. Combine all ingredients. Mix well.
7. Puree with a blender or immersion blender until desired chunkiness.
8. Chill quickly to below 41 degrees F.

My Notes

Source: National Food Service Management Institute

Nutrition Information

Nutrients	Amount
Calories	45
Total Fat	0 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	49 mg
Total Carbohydrate	11 g
Dietary Fiber	1 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	1 g
Vitamin D	N/A
Calcium	12 mg
Iron	0 mg
Potassium	N/A

N/A - data is not available



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Wizard's Stew

Makes: 12 or 48 Servings

Ingredients	12 Servings		48 Servings	
	Weight	Measure	Weight	Measure
Orzo, dry		1-1/4 cups		5 cups
Vegetables, mixed, frozen		3 2/3 cups		13-1/2 cups
Tomato juice, low-sodium		3 cups		12 cups
Basil, ground		1/4 tsp		1 tsp
Thyme, ground		1/4 tsp		1 tsp
Black pepper		1/4 tsp		1 tsp
Beans, kidney, canned		4-1/2 cups		18 cups

Directions

1. Cook orzo according to directions on package.
2. In a large saucepan, combine tomato juice, vegetables, beans and spices. Bring to a boil.
3. Reduce heat, cover and allow it to simmer for 10 - 15 minutes.
4. Drain orzo. Stir it into mixture.
5. Serve 1 cup servings.

Notes

Serving Tips:

This soup can also be made using leftover fresh or canned vegetables of any kind.

My Notes

Source: Improving Nutrition & Physical Activity Quality in Delaware Child Care, Team Nutrition Delaware

Nutrition Information

Nutrients	Amount
Calories	203
Total Fat	1 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	364 mg
Total Carbohydrate	42 g
Dietary Fiber	9 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	9 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A

N/A - data is not available