



Black Bean Soup



No. P-030-00
Yield 100 Portions
Each Portion
 1 cup (8 oz)
Pan Size and Number
 Steam-Jacketed Kettle, Food Processor
Time 75 min.

Soups

Go for Green® Color and Sodium

Codes

Green(Eat Often) High Sodium

Ingredients

Ingredient	Measure	Weight	Approx. Issue
WATER, WARM	2-¾ gal	23 lb	
VEGETABLE BASE, LOW SODIUM	2-¾ cup	1 lb 12 oz	

Nutrition Facts

Calories	172
Carbohydrates	26 g
Sugars*	3 g
Protein	8 g
Fat	5 g
Saturated Fat	0.4 g
Cholesterol	0 mg
Sodium	905 mg
Calcium	36 mg

Fiber 8.4 g

BEANS, BLACK, CANNED, LOW SODIUM, DRAINED, RINSED	3 gal + 1-½ qt	20 lb 9 oz	4-½ No. 10 cans
TOMATOES, CANNED, DICED	2-½ qt	5 lb 4 oz	
ONIONS, YELLOW, FRESH, DICED ¼-INCH	2-¼ qt	2 lb 8 oz	2 lb 12 oz
CARROTS, FRESH, DICED ¼-INCH	1-½ qt	1 lb 12 oz	2 lb 6 oz
OIL, CANOLA	1-2/3 cups	12-½ oz	
CORN, WHOLE KERNEL, FROZEN	3 qt	3 lb 8 oz	
CELERY, FRESH, DICED ¼-INCH	1-¾ qt	1 lb 14 oz	2 lb 4 oz
PEPPERS, BELL, GREEN, FRESH, DICED ¼-INCH	1-¼ qt	1 lb 9 oz	1 lb 15 oz
ONION POWDER	7 tbsp + 2 tsp	2-¾ oz	
CUMIN, GROUND	½ cup + 3 tbsp	2-1/8 oz	
PAPRIKA, GROUND	½ cup + 2 tsp	2 oz	
SALT	7 tbsp + 1-½ tsp	1-2/3 oz	

GARLIC, GRANULATED	¼ cup + 1 tsp	1-½ oz
CHILI POWDER	3 tbsp + 1 tsp	1 oz
PEPPER, BLACK, GROUND	1 tbsp + 2 tsp	0.36 oz
PEPPER, RED, GROUND	¾ tsp	0.06 oz
JUICE, LIME, BOTTLED	¾ cup + 2 tbsp	7-1/3 oz

Directions

CP: Thaw corn under refrigeration at 41°F (5°C).

- 1 In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
- 2 Rehydrate vegetable stock in warm water. CP: Refrigerate at 41°F (5°C) and reserve for use in Step 8.
- 3 To make black bean puree, puree 2 qt + 1 cup (4 lb 13 oz) tomatoes with one half of the black beans (1 gal + 2¾ qt (11 lb)) in a food processor or using other comparable equipment. Reserve for use in Step 8.
- 4 In a steam-jacketed kettle or stock pot, sweat the onions and carrots in oil for 5 minutes.

- 5 Add the celery, green pepper, corn, onion powder, cumin, paprika, salt, granulated garlic, chili powder, black pepper and red pepper to the vegetable mixture; cook for 10 minutes, stirring frequently.
- 6 Add the reserved vegetable broth, reserved black bean puree, lime juice and remaining 1 gal + 2¾ qt (11 lb) black beans; stir well to ensure the ingredients are mixed thoroughly. Simmer uncovered for 1 hour, stirring periodically. Transfer to serving containers. Serve immediately or CP: Hold hot at 135°F (57°C).

Recipe Notes

1. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.
2. Le Gout Low Sodium Vegetable Base Paste was used in the development of this recipe. If a different brand is being used, follow the manufacturer's directions.