

VEGETABLE RICE SOUP

Yield 100 Portions
Each Portion 8 OZ

Calories	Carbs	Protein	Fat	% Cal From Fat	Chol	Sodium	Fiber/Dtry	Calcium
93 kcal	17 gm	2 gm	2 gm	19.4 %	0 mg	244 mg		29 mg

Ingredients	Weight	Measure	Issue
WATER	57 lbs	6 gal 3 qt 1 c 4 tbsp 3/8 tsp	
OIL, SALAD, CANOLA	0 lbs 4 oz	8 tbsp 1 tsp	
ONIONS, YELLOW	2 lbs 4 oz		
CARROTS	2 lbs 7 oz		
SQUASH, ZUCCHINI	2 lbs		
SQUASH, SUMMER	2 lbs		
VEG, PEAS	2 lbs	1 qt 1 c 10 tbsp 2 1/8 tsp	
VEG, CORN	2 lbs	1 qt 1 pt 10 tbsp 2 1/8 tsp	
CELERY, FRESH	2 lbs 12 oz	2 qt 1 pt 6 tbsp 1 tsp	
PEPPERS, GREEN	0 lbs 10 oz	1 c 14 tbsp 1 3/8 tsp	
PEPPERS, RED	2 lbs 8 oz	1 qt 1 pt 1 c 9 tbsp 2 1/4 tsp	
SPICE, PEPPER, CAYENNE	0 lbs 1/4 oz	1 tbsp 1 tsp	
SPICE, BAY LEAVES	0 lbs 1/4 oz	3 tbsp 2 3/4 tsp	
RICE, BROWN, PARBOILED, LG	2 lbs	13 gal 13 tbsp 1/2 tsp	
SOUP BASE, VEGETARIAN	1 lb	1 c 14 tbsp 3/8 tsp	

METHODS

- 1 In a steam jacketed kettle heat the oil. Add diced carrots, diced celery and saute the vegetables for 6-8 minutes or until the become tender.
- 2 Add diced red and green peppers, red pepper flakes and bay leaf. Cook 5 more minutes.
- 3 Add the water and vegetable base. Stir well and bring to a boil. Reduce heat. Cover. Add the rice and simmer 35 minutes or until rice is tender. When rice is tender, add the sliced squash, peas and corn. Bring back to a simmer. Season with salt and pepper.

- 4 Transfer to serving pans. CCP: Hold for service at 140 F or higher.