



Zesty Bean Soup



No. P-021-00
Yield 100 Portions
Each Portion
 1 Cup (8-2/3 oz)
Pan Size and Number
 Steam-Jacketed Kettle
Time 45 min.

Nutrition Facts

Calories 90

Carbohydrates 16 g

Sugars* 3 g

Protein 5 g

Fat 1 g

Saturated Fat 0.2 g

Cholesterol 0 mg

Sodium 331 mg

Calcium 65 mg

Fiber 3.5 g

Soups

Go for Green® Color and Sodium

Codes

Green(Eat Often) Low Sodium

Ingredients

Ingredient	Measure	Weight	Approx. Issue
WATER, HOT	3-¼ gal	26 lb	
VEGETABLE BASE, LOW SODIUM, MSG FREE	1 cup	15-½ oz	
BEANS, KIDNEY, CANNED	3-1/8 qt	6 lb 14 oz	1-No. 10 can

BEANS, LIMA, CANNED	3-1/8 qt	6 lb 14 oz	1-No. 10 can
BEANS, PINTO, CANNED	3-1/8 qt	6 lb 14 oz	1-No. 10 can
TOMATOES, CANNED, DICED	1-1/2 gal	12 lb 12 oz	2-No. 10 can
ONIONS, FRESH, DICED, 1/2-INCH	2-1/4 qt	3 lb	3 lb 5 oz
CELERY, FRESH, SLICED, 1/4-INCH	2 qt	2 lb	2 lb 12 oz
GARLIC, GRANULATED	2 tbsp	3/4 oz	
PEPPER, BLACK GROUND	2 tbsp	1/2 oz	
PAPRIKA, GROUND	2 tbsp	1/2 oz	
THYME, GROUND	1 tbsp + 1 tsp		
PEPPER, RED, GROUND	2 tsp		
BAY LEAVES	6 leaves		

Directions

- 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: Add 15½ oz (1 cup) of vegetable base to 26 lb (3¼ gal) of hot water; stir well. Set aside for use in Step 4.
- 3 Drain and rinse beans; discard liquid.
- 4 Combine beans, vegetable stock, tomatoes, onions, celery, granulated garlic, pepper, paprika, thyme, red pepper and bay leaves in a steam-jacketed kettle or stockpot; stir well.
- 5 Bring to a boil; reduce heat. Simmer, partially covered, for 45 minutes until the flavors have blended, stirring occasionally. CCP: Internal temperature must reach 145°F (63° C) or higher for 15 seconds. Remove bay leaves.
- 6 Transfer to serving containers.

Recipe Notes

1. In Step 4, 6 lb 14 oz (3-1/8 qt-1 No. 10 can) Great Northern beans, per 100 portions, may be substituted for the lima beans.
2. In Step 4, 1-1/3 oz (¼ cup) fresh, minced garlic (1-2/3 oz A.P.) per 100 portions, may be substituted for the granulated garlic.
3. One Size 3 ladle may be used for each portion.
4. Minor's low sodium concentrated vegetable base paste was used in the development of this recipe to make vegetable broth. If using a different brand, refer to manufacturer's instructions for reconstitution rates.
5. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar together.