

Category:Creole Soup with Brown Rice

P-003-50

Soups

G4G Color Code

green

Sodium Code

high

Yield

100 Portions

Each Portion

1 cup (8-½ oz)

Pan Size and Number

Steam-Jacketed Kettle



Ingredients

Item	Measure	Weight	Approx Issue
WATER, HOT	3-¾ gal	30 lb	
VEGETABLE BASE, LOW SODIUM, MSG FREE	1-¼ cups	1 lb 3 oz	
OIL, OLIVE	½ cup	5 oz	
PEPPERS, GREEN, FRESH, CHOPPED ½-INCH	4-¾ qt	5 lb 3 oz	6 lb 5 oz
ONIONS, FRESH, CHOPPED ½-INCH	3-¼ qt	4 lb 5 oz	4 lb 13 oz
CELERY, FRESH, CHOPPED ½-INCH	2-¾ qt	2 lb 15 oz	3 lb 8 oz
GARLIC, FRESH, MINCED	2-¼ cups	12-½ oz	14-½ oz
THYME, GROUND	¼ cup	⅝ oz	
PEPPER, WHITE, GROUND	3-½ tsp	¼ oz	
PEPPER, BLACK, GROUND	3-½ tsp	¼ oz	
PEPPER, RED, GROUND	2-½ tsp	undefined	
TOMATOES, DICED, CANNED	1 gal + 3-½ qt	15 lb 9 oz	2-½ - No. 10 cans
WORCESTERSHIRE, SAUCE	2-¾ cups	1 lb 10 oz	
ONIONS, GREEN, FRESH, SLICED ¼-INCH	3 cups	9 oz	11 oz
PARSLEY, FRESH, CHOPPED	2-¼ cups	4-¾ oz	5 oz
SALT	6 tbsp + 2 tsp	4-¼ oz	

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 1 lb 3 oz (1-¼ cup) of vegetable base to 30 lb (3-¾ gal) of hot water; stir well. Set aside for the use in Step 4.
3. Sauté green peppers, onions, celery, garlic, thyme, white, black and red peppers in oil in a steam-jacketed kettle or stockpot for 8 minutes until tender and fragrant.
4. Add vegetable stock, tomatoes, Worcestershire sauce, green onions, parsley, hot sauce and bay leaves to mixture. Stir to blend well.
5. Bring soup to a boil. Add brown rice; stir; cover; cook for 30 to 35 minutes until the brown rice is tender and the flavors have blended. Remove bay leaves. CCP: Internal temperature must reach 145°F (63°C) or higher for 15 seconds.
6. Transfer soup to serving pans. CP: Hold for hot service at 135°F (57°C) or higher.

Time

35 min.

Recipe Notes

1. In Step 3, 6.5 oz (1 cup + 1 tbsp) granulated garlic, per 100 portions, may be substituted with the fresh, minced garlic.
2. In Step 3, 1.5 cup canola oil, per 100 portions, may be substituted with 1.5 cup olive oil.
3. 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.
4. * Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar together.
5. Original recipe number: P-003-00

Nutrition Facts

Calories	110
Carbohydrates	20 g
Sugars*	5 g
Protein	3 g
Fat	3 g
Saturated Fat	0.4 g
Cholesterol	0 mg
Sodium	802 mg
Calcium	67 mg
Fiber	3.2 g