



Bean Soup

USDA Recipe for Schools

Our Bean Soup recipe is a hearty combination of vegetable broth, tomatoes, beans, and green chili peppers.

NSLP/SBP CREDITING INFORMATION

1 cup (8 fl oz ladle) provides

Legume as Meat Alternate: 1 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and 1/4 cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		1/4 cup 1 Tbsp		1/2 cup 2 Tbsp	1 Heat oil in a large stock pot. 2 Add onions, garlic, bell peppers, green chilies, sugar, black pepper, oregano, and Old Bay seasoning. Simmer uncovered over medium–high heat for 2 minutes, stirring occasionally.
*Onions, fresh, diced	1 lb 4 oz	1 qt	2 lb 8 oz	2 qt	
Garlic, fresh, minced	10 2/3 oz	3/4 cup 3 Tbsp	1 lb 5 1/3 oz	1 3/4 cups 2 Tbsp	
*Red bell peppers, fresh	1 lb 4 oz	3 3/4 cups	2 lb 8 oz	1 qt 3 1/2 cup	
Green chilies, canned	1 lb 4 oz	3 1/2 cups 1 Tbsp 1/2 tsp (about 1/2 No. 10 can)	2 lb 8 oz	1 qt 3 cups 2 Tbsp 1 tsp (about 1 No. 10 can)	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sugar		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Black pepper, ground		1 tsp		2 tsp	
Oregano, dried		1 Tbsp 2 tsp		3 Tbsp 1 tsp	
Old Bay seasoning (see Notes)		¼ cup 1 Tbsp	3 ¾ oz	½ cup 2 Tbsp	
Vegetable broth, low-sodium		1 qt 2 cups		3 qt	3 Add vegetable broth, water, tomatoes, and 2 qt 2 Tbsp 1 tsp (about 3 lb 1 oz) beans. Bring to a boil. Reduce heat to medium. Simmer uncovered for 10–12 minutes. Set aside for step 6.
Water		3 qt 2 cups		1 gal 3 qt	
Tomatoes, diced, canned, no-salt-added, undrained	3 lb 8 oz	1 qt 2 ⅔ cups (about ½ No. 10 can)	7 lb	3 qt 1 ⅓ cups (about 1 No. 10 can)	4 Critical Control Point: Heat to 135 °F or higher.
Great northern beans, canned, low-sodium, drained, rinsed	8 lb 4 oz	3 qt 3 ½ cups 3 Tbsp 1 ¼ tsp (about 2 No. 10 cans)	16 lb 8 oz	1 gal 3 qt 3 ¼ cups 2 Tbsp 2 ½ tsp (about 4 No. 10 cans)	
OR					
Great northern beans, dry, cooked (see Notes)	8 lb 4 oz	3 qt 3 ½ cups 3 Tbsp 1 ¼ tsp	16 lb 8 oz	1 gal 3 qt 3 ¼ cups 2 Tbsp 2 ½ tsp	
					5 Purée remaining beans with an immersion mixer in a large bowl for 3–5 minutes until mixture has a smooth consistency. Set aside for step 6.



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>6 Add 3 cups (about 1 lb 1 oz) puréed beans to soup mixture. Stir well until soup has a thick consistency.</p>
					<p>7 Pour 1 gal 1 qt (about 9 lb 5.5 oz) soup into a half steam table pan (12¾" x 10½" x 6").</p> <p>For 50 servings, use 2 pans. For 100 servings, use 4 pans.</p>
					<p>8 Critical Control Point: Hold for hot service at 135 °F or higher.</p>
					<p>9 Portion with 8 fl oz ladle (1 cup).</p>



NUTRITION INFORMATION

For 1 cup (8 fl oz ladle).

NUTRIENTS	AMOUNT
Calories	132
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	389 mg
Total Carbohydrate	21 g
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	0 IU
Calcium	53 mg
Iron	1 mg
Potassium	315 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	1 lb 8 oz	3 lb
Red bell peppers	1 lb 10 oz	3 lb 4 oz

NOTES

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

Cooking Process #2: Same Day Service.

*Use the 30% reduced sodium version of Old Bay Seasoning to further reduce the sodium in the recipe.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1¾ 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 1¾ qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 135 °F or higher.

OR chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry great northern beans = about 2 ½ cups dry or 6¼ cups cooked beans.

YIELD/VOLUME

50 Servings	100 Servings
About 18 lb 11 oz About 2 gal 1 qt 1 ⅓ cups/2 steam table pans (12 ¾" x 10 ½" x 6")	About 37 lb 6 oz About 4 gal 2 qt 2¾ cups/4 steam table pans (12 ¾" x 10 ½" x 6")

