

Bean and Barley Soup

Recipe H-8

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Vegetable oil		1/3 cup		2/3 cup	3¼ Tb	<ol style="list-style-type: none"> 1. In a large stockpot or steam kettle heat oil over medium heat. 2. Add onion, celery, and carrots and cook over medium heat for 10 minutes or until soft. Do not brown. 3. Add garlic. Cook 2 minutes. 4. Add stock, soy sauce, hot sauce, basil, and thyme. Bring to a boil. 5. Add barley and return to boil. Reduce heat and simmer 45 minutes until barley is tender. 6. Add the beans and return to simmer. 7. Hold until ready to serve. <p>🔴 Serve 1 cup (8 ounces).</p>
Onions, peeled, diced 🟥	4 lb		8 lb		2 lb	
Celery, diced 🟥	2 lb		4 lb		1 lb	
Carrots, diced, fresh or frozen 🟥	4 lb		8 lb		2 lb	
Garlic, minced		3 Tb		4 Tb	2 Tb	
Vegetable stock, low sodium		3½ gallons		7 gallons	7 quarts	
Soy sauce, reduced sodium		2 Tb		¼ cup	3 tsp	
Hot pepper sauce		2 tsp		1 Tb +1 tsp	1 tsp	
Basil, dried		1 Tb +1 tsp		2 Tb +2 tsp	2 tsp	
Thyme, dried		1 Tb +1 tsp		2 Tb +2 tsp	2 tsp	
Barley, dry		4½ cups		9 cups	2¼ cups	
Canned white beans, rinsed and drained 🟥	7½ lb		15 lb		3¾ lb	

🟥 USDA commodity fruits, vegetables, or beans listed in the *Food Buying Guide for Child Nutrition Programs, 2008 edition*

