



United States Department of Agriculture
What's Cooking? USDA Mixing Bowl

Find more recipes at www.usda.gov/whatscooking

USDA is an equal opportunity provider, employer, and lender.

Curried Vegetable Soup - USDA Recipe H-040 for CACFP

Makes: 25 or 50 Servings



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Water		2 qt		1 gal
*Fresh carrots, diced	1 lb 2 oz	3 1/2 cups	2 lb 4 oz	1 qt 3 cups
*Fresh celery, diced	1 lb 2 oz	3 1/2 cups 3/4 tsp	2 lb 4 oz	1 qt 3 cups 1 1/2 tsp
*Fresh butternut squash, diced	1 lb 2 oz	3 1/2 cups 1 Tbsp 2 tsp	2 lb 4 oz	1 qt 3 cups 3 Tbsp 1 tsp
*Fresh turnips, diced	13 oz	2 cups 3 Tbsp 2 tsp	1 lb 10 oz	1 qt 1/4 cup 3 Tbsp 1 tsp
*Fresh onions, diced	1 lb 6 oz	1 1/4 cups 1 Tbsp	2 lb 12 oz	2 1/2 cups 2 Tbsp
Apple juice		1 qt 1/2 cup		2 qt 1 cup
Curry powder		2 Tbsp 1 tsp	2 1/3 oz	1/4 cup 2 tsp
Salt		2 1/2 tsp		1 Tbsp 2 tsp
Black pepper		1/2 tsp		1 tsp
Dried parsley		1 Tbsp 2 tsp		3 Tbsp 1 tsp
Cinnamon		1 tsp		2 tsp
Coconut milk, unsweetened		1 1/2 cups 2 Tbsp		3 1/4 cups

Directions

1. In a large stock pot, add water, carrots, celery, squash, turnips, onions, apple juice, curry powder, salt, black pepper, parsley, and cinnamon.
2. Simmer uncovered over medium-high heat for 2 minutes, stirring occasionally. Bring to a boil. Reduce heat to medium. Simmer uncovered for 10-15 minutes or until soft.
3. Puree ingredients in stock pot with a bermixer for 3-5 minutes until mixture has a smooth consistency.
4. Fold in coconut milk. Simmer uncovered over medium heat for 1-2 minutes.
5. Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
6. Pour 1 gal 1 qt (about 10 lb 9 1/2 oz) soup into a half steam table pan (12 3/4" x 10 1/2" x 6"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
7. Critical Control Point: Hold for hot service at 140 °F or higher.

8. Portion with 8 fl oz spoodle (1 cup).

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

Serving

NSLP/SBP Crediting Information: 1 cup (8 fl oz spoodle) provides 1/8 cup red/orange vegetable, 1/4 cup other vegetable, 1/8 cup additional vegetable.

CACFP Crediting Information: 1 cup (8 fl oz spoodle) provides 1/2 cup vegetable.

My Notes

Nutrition Information

Nutrients	Amount	Meal Components
Calories	56	Grains 1/2 ounce
Total Fat	1 g	Meat / Meat Alternate 1/2 ounce
Saturated Fat	0 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Cholesterol	0 mg	
Sodium	279 mg	
Total Carbohydrate	13 g	
Dietary Fiber	2 g	
Total Sugars	8 g	
Added Sugars included	N/A	
Protein	1 g	
Vitamin D	7 IU	
Calcium	58 mg	
Iron	1 mg	
Potassium	228 mg	
N/A - data is not available		