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## Greens & Beans Soup

**Prep time:** 20 minutes

**Cook time:** 40 minutes

**Makes:** 25 or 50 Servings

The spice combination in this North African dish is sure to delight your taste buds. The paprika, cumin, cinnamon, ginger, and thyme provide an aromatic blend of scents and introduces children to new flavors. These spices are often combined to be used as rubs for meats or sprinkled on roasted vegetables.



Ingredients	25 Servings		50 Servings	
	Weight	Measure	Weight	Measure
Canola oil		1/4 cup		1/2 cup
*Onions, fresh, peeled, 1/4" diced	8 oz	2 cups	1 lb	1 qt
*Sweet potatoes, fresh, peeled, 1/2" cubed	12 1/2 oz	2 3/4 cups	1 lb 9 oz	1 qt 1 1/2 cups
Garbanzo beans (chickpeas), low-sodium, canned, drained, and rinsed	3 lbs 9 oz	2 qts 1 3/4 cups (12 1/2 cups No. 10 can)	7 lbs 2 oz	1 gallon 1 qt 1 cup (2 No. 10 cans)
Paprika, dried, ground		2 tsp		1 Tbsp 1 tsp
Cinnamon, dried, ground		2 tsp		1 Tbsp 1 tsp
Ginger, dried, ground		2 tsp		1 Tbsp 1 tsp
Cumin, dried, ground		2 tsp		1 Tbsp 1 tsp
Thyme, dried, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp
Salt, table		2 tsp		1 Tbsp 1 tsp
Black pepper, ground		1 tsp		2 tsp
*Collard greens, raw, stems removed, chopped into long, thick strips (chiffonade), packed	1 lb 2 3/4 oz	1 gallon 1 qt 1 cup	2 lbs 5 1/2 oz	2 gallons 2 qts 2 cups
Salsa, tomato, traditional (not chunky)	9 oz	1 cup (1/8 No. 10 can)	1 lb 2 oz	2 cups (1/4 No 10 can)
Water		2 qts 1/3 cup		1 gallon 2/3 cup

## Directions

1. Heat oil in stockpot on medium-high heat. For 25 servings, use a medium stockpot. For 50 servings, use a large stockpot.
2. Add onions and sweet potatoes, sauté until onions are soft. Do not brown.
3. Add garbanzo beans and dried spices. Continue cooking, stirring frequently, for 1 minute or until seasonings have fully coated the vegetables. See instructions below for using dry garbanzo beans (chickpeas).
4. Add collard greens and cook for 1 minute, stir frequently.

5. Add salsa and 1 cup of water. Bring to a boil.
6. Reduce heat to medium and simmer covered for 25-30 minutes or until sweet potatoes are tender. Note: check frequently to make sure stew is not sticking to the bottom of the pot. Add more water if needed. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
7. Serve 2/3 cup (No. 6 scoop). Critical Control Point: Hold at 140 °F or higher.

## Notes

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

### Tips for Soaking Dry Beans:

1 lb. dry garbanzo beans (chickpeas) = about 2 1/2 cups dry or 6 1/4 cups cooked garbanzo beans (chickpeas).

Overnight Method: Add 1 3/4 qt. cold water to every 1 lb. of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1 3/4 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.

### Tips for Cooking Dry Beans:

Once the beans have been soaked, add 1 3/4 qt. water for every lb. of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use cooked beans immediately.

### Critical Control Point:

Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

For a household recipe that yields 6 servings see: <https://whatscooking.fns.usda.gov/recipes/child-nutrition-cnp/greens-beans-soup>.

## My Notes

**Source:** Team Nutrition: Adapted from North African Gumbo recipe by Jorge Collazo, New York City Schools.

## Nutrition Information

Nutrients	Amount	Meal Components
Calories	134	Vegetables
Total Fat	4 g	Red & Orange 1/4 cup
Saturated Fat	0 g	Meat / Meat Alternate 1 1/4 ounces
Cholesterol	N/A	<a href="#">For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.</a>
Sodium	375 mg	
Total Carbohydrate	20 g	
Dietary Fiber	6 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	6 g	
Vitamin D	N/A	
Calcium	74 mg	
Iron	1 mg	
Potassium	N/A	
N/A - data is not available		