



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

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Old Fashioned Vegetable Soup

Makes: 50 or 100 Servings

Ingredients	50 Servings		100 Servings	
	Weight	Measure	Weight	Measure
Frozen Vegetables (mixture of carrots, potatoes, peas, green beans, corn)	6 lb		12 lb	
Onion, diced, ready to use	2 lb		4 lb	
Green pepper, diced	1 lb		2 lb	
Tomato juice, low sodium, cnd		4-48 oz cans		8-48 oz cans
Water		1 qt		2 qt
Mushrooms, canned, sliced	24 oz		48 oz	
Bay leaf		5 leaves		8 leaves

Directions

1. Combine all ingredients in large tilt skillet, stock pot or Dutch oven.
2. Bring to a boil.
3. Cover and reduce heat to simmer for 30-45 minutes.
4. Remove bay leaf before serving.
5. Serve $\frac{3}{4}$ cup of soup per person.

My Notes

Source: Produce for Better Health Foundation/Pictsweet Frozen Foods

Nutrition Information

Nutrients	Amount	Meal Components
Calories	68	Vegetables 1/2 cup
Total Fat	0 g	For more information on meal components and crediting, please visit the Food Buying Guide for Child Nutrition Programs.
Saturated Fat	N/A	
Cholesterol	N/A	
Sodium	177 mg	
Total Carbohydrate	16 g	
Dietary Fiber	4 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	3 g	
Vitamin D	N/A	
Calcium	34 mg	
Iron	1 mg	
Potassium	N/A	
N/A - data is not available		