

Fall Winter **Spring** Summer

Southwestern White Bean Soup

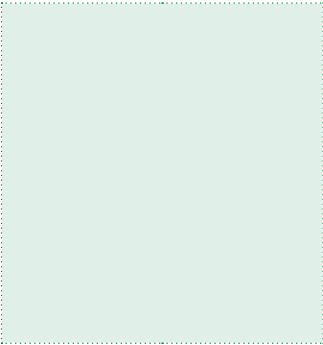
NUTRITION INFORMATION

SERVING SIZE: 1 cup

| Amount per Serving | |
|--------------------|------------|
| Calories | 188 kcal |
| Protein | 8.90 g |
| Carbohydrate | 29.78 g |
| Total Fat | 5.14 g |
| Saturated Fat | 0.42 g |
| Cholesterol | 0 mg |
| Vitamin A | 2444.75 IU |
| Vitamin C | 28.36 mg |
| Iron | 2.97 mg |
| Calcium | 104.89 mg |
| Sodium | 613.60 mg |
| Dietary Fiber | 8.58 g |

EQUIVALENTS: 1 cup provides ¾ cup red/orange vegetable, ⅓ cup additional vegetable, and ¼ cup beans/legumes or 1.25 oz equiv meat/meat alternate (but not both). 1 puréed serving provides 1 cup additional vegetable.

Recipe HACCP Process: #2 Same Day Service



Southwestern White Bean Soup • 50 servings (1 cup)

| INGREDIENTS | WEIGHT | MEASURE | DIRECTIONS | NOTES |
|---|--------|--------------------------------------|---|---|
| Onions | | 5 large | 1 Trim and peel onions. Cut into small dice. | <ul style="list-style-type: none"> • Serve with sour cream and salsa if desired. • You may also purée the soup. |
| Bell peppers (any color) | | 6 large | 2 Stem, core and seed peppers. Trim and peel carrots. Shred the peppers and carrots in a food processor fitted with a shredding disc (or cut into small dice.) | |
| Carrots | | 6 large | | |
| Vegetable oil | | 1 cup | 3 Cook the onions, oil and ¼ cup salt in a stock pot over low heat, stirring occasionally, until the onions are very soft and melting into the oil, 15 to 20 minutes. Stir in cumin, coriander and paprika; cook, stirring, for 1 minute. | |
| Kosher salt | | ½ cup, divided | | |
| Ground cumin | | ¼ cup | | |
| Ground coriander | | ¼ cup | | |
| Paprika | | ¼ cup | | |
| | | | 4 Stir the peppers and carrots into the onions. Cook, stirring occasionally, until the liquid from the peppers has evaporated and the vegetables are beginning to brown on the bottom of the pot, about 10 minutes. | |
| Water | | 1 gal + 3 quarts + 2 cups | 5 Add water, beans, tomatoes, corn and ¼ cup salt. Simmer for 1 hour. | |
| White beans, canned, rinsed and drained | | 2 #10 cans | | |
| Diced or whole tomatoes, canned (drained) | | 3 #10 cans (1½ gal, drained measure) | | |
| Frozen corn | | 1 qt | | |

