

# Tomato Vegetable Soup

# Recipe H-12

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Frozen vegetables (mixture of carrots, potatoes, peas, corn, green beans) ■	6 lb		12 lb		3 lb	<ol style="list-style-type: none"> <li>1. Combine all ingredients in large tilt skillet, stockpot or Dutch oven.</li> <li>2. Bring to a boil.</li> <li>3. Cover and reduce heat to simmer for 30-45 minutes.</li> <li>4. Remove bay leaves before serving.</li> </ol> <p>● <b>Serve ¾ cup (6 ounces).</b></p>
Onion, diced, ready to use ■	2 lb		4 lb		1 lb	
Green peppers, diced ■	1 lb		2 lb		½ lb	
Tomato juice, low sodium, canned		4 48-oz cans		8 48-oz cans	2 48-oz cans	
Water		1 quart		2 quarts	2 cups	
Mushrooms, canned, sliced ■	24 oz		48 oz		12 oz	
Bay leaves		5		8	3	

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

## Tomato Vegetable Soup

### Nutrients Per Serving

Calories		70
Percent Calories from Fat	0%	
Total Fat	0 g	
Saturated Fat	0 g	
Trans Fat	0 g	
Cholesterol	0 mg	
Sodium	150 mg	
Total Carbohydrates	15 g	
Dietary Fiber	3 g	
Sugars	7	
Protein	3 g	
Vitamin A	(1,000 IU)	20%
Vitamin C	(42 mg)	70%
Calcium		2%
Iron		4%

### Approximate preparation time

40 minutes

### Child Nutrition Program Food Components

Each portion provides:

- ½ cup vegetable

Family-size recipe can be found in the appendix.

### Original Recipe Source:

Produce for Better Health Foundation and  
Pictsweet Frozen Foods

### NOTES

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