



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

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Tomato Vegetable Soup

Makes: 50 or 100 Servings

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

Directions

1. Combine all ingredients in large tilt skillet, stockpot or Dutch oven.
2. Bring to a boil.
3. Cover and reduce heat to simmer for 30-45 minutes.
4. Remove bay leaves before serving.
5. Serve 3/4 cup (6 ounces).

Notes

Additional Tips:

You can find the recipe for 25 servings and family-sized servings [here](#) .

My Notes

Source: NH Obesity Prevention Program, DHHS, DPHS

Nutrition Information

Nutrients	Amount	Meal Components
Calories	70	Vegetables 1/2 cup
Total Fat	N/A	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	150 mg	
Total Carbohydrate	15 g	
Dietary Fiber	3 g	
Total Sugars	N/A	
Added Sugars included	N/A	
Protein	3 g	
Vitamin D	N/A	
Calcium	N/A	
Iron	N/A	
Potassium	N/A	
N/A - data is not available		