

TOMATO-VEGETABLE SOUP (VEGETARIAN)

Serving: 6 ounces

Vegetable

Donna Miner, Kitchen Manager (and soup maestro) at Chicopee High School, created this easy-to-prepare popular soup. It is loaded with carrots, which the kids love, but can just as easily use the same volume of any kind of seasonal vegetable. So, improvise with whatever farm-fresh vegetables are available.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
Tomato sauce, canned	2 qt 1-1/2 cups	1 gallon 3 cups	<ol style="list-style-type: none"> Combine all the ingredients, except the rice or noodles, if you are using them, in a large pot or steam kettle. Bring to a boil. When the potatoes are cooked through, about 20 minutes, serve as is, adding optional salt, if you wish. CCP: Heat to 140°F or higher. Variation: Just before service, add cooked noodles or rice to soup. CCP: Heat to 165°F or higher. CCP: Hold for hot service at 140°F or higher.
Water	3 qt 3 cups	7 qts 2 cups	
*Potatoes, peeled and diced	1 lb 3 oz	2 lbs 6 oz	
*Carrots, sliced or diced	1 lbs 6 oz (3-3/4 cup)	2 lbs 12 oz (7-1/2 cups)	
*Green beans, ends snapped, cut in 3	8 oz (about 2 cups)	1 lb (about 1 qt)	
*Corn, husked, kernels removed	4 ear About 9 oz kernels or 2 cups kernels	8 ear About 1 lb kernels or 1 qt kernels	
*Celery, diced	8 oz (2-1/3 cups)	1 lb (4-2/3 cups)	
*Onions, diced	4 oz (3/4 cup)	8 oz (1-1/2 cups)	
Black Pepper, coarse, if possible	2-1/4 tsp	1-1/2 Tbsp	
Salt, optional	To taste, if needed	To taste, if needed	
Variation:			
Cooked noodles or rice	1-1/2 cups	3 cups	

* MA farm products needed for recipe. For ordering, see page 19.

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Preparation Tips:

- **Potatoes:** *To wash*, scrub with vegetable brush. Peel if needed. Cut potatoes should be held on cold water unless using immediately or they will brown. Drain. If cooked in oven, dry first. *To dice*, cut in half lengthwise, or simply cut red potato in half. Lay flat end down. Cut in one direction, then the other direction.
- **Carrots:** *To purchase*, sliced carrots and carrot sticks are often available from a farm vendor. *To dice*, slice across sticks. *To dice whole carrot*, peel, cut in half lengthwise. Lay flat end down, then cut into 2-4 long strips (number of strips will depend on size of the carrots) and then slice across strips. Sliced carrots also look attractive sliced across on the diagonal.
- **Green Beans** are sometimes available with ends snapped off. If you snap the ends yourself, you only need to snap one end. Line them up roughly on a cutting board and cut them into approximate thirds.
- **Corn** can sometimes be bought shucked. After it is shucked, if needed, run your hand down each ear to remove extra silk. *To remove kernels*, point the end of the ear away from you. With a sharp knife, shave off the kernels, away from you, right into a bowl or soup pot.
- **Celery:** *To dice, if using whole bunch*, leave bunch intact. Slice each rib twice lengthwise. (Slice from 1-2 inches above root end to end of bunch. This will hold the bunch together.) Cut crosswise. *To dice individual ribs*, tear needed ribs off from root end. Slice each rib 2-3 times lengthwise, then across into a dice.
- **Onions:** *To dice*, remove both ends. Make a small slit, top to bottom and remove skin with hands. Cut in half. With the flat end down, slice in one direction, then cut slices in the opposite direction. Alternatively, use a traditional technique: Cut whole onion in half, point to point through root end to top of the onion. Peel and lay flat side down. Slice. With your knife parallel to the board, slice 2-5 times towards, BUT NOT THROUGH the root end, (Number will depend on size of onion). Then cut across the onion, 2-5 times. Once again, avoid cutting through the root end. Finally, cut across onion.

NUTRITIONAL ANALYSIS PER SERVING			
Calories	45	Vitamin A (IU)	2298
Cholesterol (Mg)	0	Vitamin C (Mg)	6.27
Sodium (Mg)	262	Protein (G)	1.49
Fiber (G)	1.76	Carbohydrate (G)	10.48
Iron (Mg)	0.86	Total Fat (G)	0.26
Calcium (Mg)	19.73	Sat Fat (G)	0.04