

Potato, Kale and White Bean Soup

P-307-00

Soups

G4G Color Code

Green

Sodium Code

Moderate

Yield

100 Portions

Each Portion

1 cup (8- $\frac{1}{3}$ oz)

Pan Size and Number

Steam-Jacketed Kettle

Nutrition Facts

Calories 120
 Carbohydrates 23 g
 Sugars* 2 g
 Protein 5 g
 Fat 1 g
 Saturated Fat 0.2 g
 Cholesterol 0 mg
 Sodium 466 mg
 Calcium 66 mg
 Fiber 4.1 g

Ingredients

Item	Measure	Weight	Approx issue
VEGETABLE BASE, LOW SODIUM, NO MSG	1 cup	9- $\frac{1}{2}$ oz	
WATER	4 gal	32 lb	
OIL, CANOLA	$\frac{1}{3}$ cup	2- $\frac{1}{2}$ oz	
ONION, FRESH, YELLOW, CHOPPED, $\frac{1}{2}$ -INCH	4- $\frac{1}{2}$ qt	5 lb 10 oz	6 lb 4 oz
GARLIC, FRESH, MINCED	$\frac{3}{4}$ cup	4- $\frac{1}{4}$ oz	5 oz
ROSEMARY LEAVES, DRIED, CRUSHED	3 tbsp + 1 tsp	0.39 oz	
THYME LEAVES, DRIED, CRUSHED	2 tbsp + 2 tsp	0.30 oz	
SALT	$\frac{1}{4}$ cup + 2 tsp	3.41 oz	
PEPPER, BLACK, GROUND	1 tbsp + 1 tsp	0.32 oz	
CANNELINI BEANS, CANNED, DRAINED, RINSED	1 gal + 1- $\frac{3}{4}$ qt	9 lb 12 oz	2- $\frac{1}{8}$ - No. 10 cans
POTATOES, YUKON GOLD, DICED, $\frac{1}{2}$ -INCH	2 gal	11 lb	13 lb 8 oz
KALE, WASHED, PATTED DRY, RIBS REMOVED, TORN INTO 1 TO 2 INCH PIECES	2- $\frac{1}{4}$ gal	1- $\frac{1}{2}$ lb	2 lb 2 oz

Directions

1. In accordance with Armed Forces food safety protocol, reference the Produce Guideline Card for specific wash, sanitize, rinse and handling instructions for each fruit/vegetable in the recipe; this is critically important to ensure the safety of this food.
2. Reconstitute vegetable base with water; stir well. Set aside for the use in Step 4.
3. Sweat onions with garlic, rosemary thyme, salt and pepper in oil in a steam-jacketed kettle or stockpot for 5 minutes until tender and fragrant.
4. Add vegetable stock, beans and potatoes to mixture. Bring to a boil, reduce heat and simmer for 30 minutes.
5. Add the kale and simmer for an additional 5 minutes. CCP: Internal temperature must reach 135°F (57°C) or higher for 15 seconds.
6. Transfer soup to serving pans. CP: Hold for hot service at 135°F (57°C) or higher.

Recipe Notes

1. One Size 3 ladle may be used for each portion.

2. In Step 2 Minor's Low Sodium Vegetable Base was used. Values may differ by brand. Refer to manufacturer's instructions for reconstitution rates.
3. In Step 3, 2- $\frac{1}{8}$ oz ($\frac{1}{3}$ cup) granulated garlic, per 100 portions, may be substituted for the fresh, minced garlic.
4. In step 4, Red Bliss potatoes may be used in place of Yukon Gold potatoes.
5. *Sugars represents the total grams of sugar in the recipe, naturally occurring and added sugar together.
6. Original recipe number: P-302-00