

OLD FASHIONED BEAN SOUP

Yield 100 Portions
Each Portion 1 CUP

| Calories | Carbs | Protein | Fat | % Cal From Fat | Chol | Sodium | Fiber/Dtry | Calcium |
|----------|-------|---------|------|----------------|------|--------|------------|---------|
| 130 kcal | 25 gm | 8 gm | 0 gm | 0 % | 1 mg | 535 mg | | 88 mg |

| Ingredients | Weight | Measure | Issue |
|--------------------------|--------------|----------------------------|-------|
| ONIONS, YELLOW | 2 lbs | | |
| SOUP AND GRAVY BASE, HAM | 1 lb 4 oz | 1 pt 5 tbsp 2 7/8 tsp | |
| SPICE, PEPPER, BLACK | 0 lbs 1/4 oz | 1 tbsp 1/8 tsp | |
| WATER 1 | 16 lbs 12 oz | 2 gal 1 tbsp 2 1/8 tsp | |
| WATER 3 | 2 lbs | 1 pt 1 c 13 tbsp 1 tsp | |
| FLOUR, WHEAT, GP (TPK2) | 0 lbs 12 oz | 1 pt 11 tbsp 1 5/8 tsp | |
| TOMATOES, DICED, CANNED | 6 lbs 6 oz | 3 qt 2 3/8 tsp | |
| WATER 2 | 34 lbs | 4 gal 1 c 2 tbsp 2 1/4 tsp | |
| CARROTS | 1 lb | | |

METHODS

- 1 Pick over beans, removing discolored beans and foreign matter.
- 2 Cover with cold water (WA1); bring to a boil; boil 2 minutes. Turn off heat. Cover; let stand 1 hour.
- 3 Reconstitute Soup and Gravy base to make stock (WA2).
- 4 Add beans to stock; bring to a boil; cover; simmer 2 hours or until beans are tender.
- 5 Add carrots, onions, tomatoes, and pepper to bean mixture. Simmer 30 minutes.
- 6 Blend flour and water (WA3) to form a smooth paste. Stir into soup; cook 10 minutes.

NOTES

- 1 In Step 5, 1 lb 4 oz fresh carrots A.P. will yeild 1 lb shredded carrots; 2 lb 4 oz dry onions A.P. will yield 2 lbs chopped onions.
- 2 In Step 5, 4 oz (1-1/3 cups) dehydrated onions may be used.
- 3 In Step 5, 6 lb 6 oz (1-No. 10 cn) canned tomatoes per 100 portions.
- 4 One size 3 ladle may be used.