## Touchdown Tomato Basil Soup

## Recipe H-14

Ingredients	50 Servings		100 Servings		For 25	Directions
	Weight	Measure	Weight	Measure	Servings	Directions
Oil, olive or canola		¼ cup		½ cup	2 Tb	1. Heat oil in large stockpot.
Onion, diced 🗖	2 lb		4 lb		1 lb	2. Skin and dice onion. Cook for 5 minutes over medium heat or until
Celery, diced 🗖	1 lb		2 lb		½ lb	soft. Do not brown.
Carrot, diced 🗖	1¾ lb		3½ lb		3⁄4 lb	3. Add diced celery and diced carrots and cook 10 minutes or until vegetables are soft. Do not brown.
Garlic cloves, minced		2 Tb		¼ cup	1 Tb	4. Add chopped spinach and minced
Spinach, stems removed, washed, roughly chopped	2 lb		4 lb		1 lb	garlic and continue to simmer covered for 2 minutes.
						5. Drain and rinse chickpeas.
Tomatoes, canned, diced 🗖		1 #10 can		2 #10 cans	1/2 #10	6. Add chickpeas and diced tomatoes and return to simmer.
					can	7. Add tomato sauce and vegetable
Canned chickpeas, rinsed and drained	4 lb		8 lb		2 lb	broth and heat thoroughly.
						8. Finish soup with dry basil and
		2		4	1	Parmesan cheese. For optimal flavor, add basil right before serving.
Tomato sauce, low sodium		48-ozcans		48-oz cans	48-oz can	<ol> <li>Adjust seasoning with salt and pepper.</li> </ol>
Vegetable broth, low sodium		2 quarts		1 gallon	1 quart	<ul> <li>For adults, basil amounts can be doubled.</li> </ul>
Parmesan cheese		1½ cups		3 cups	³∕₄ cup	<ul> <li>Serve ¾ cup (6 ounces).</li> </ul>
Basil, dry 0		4 tsp		2½ Tb	2 tsp	<ul> <li>Can be served with crushed red pepper on the side.</li> </ul>

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

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## Touchdown Tomato Basil Soup Nutrients Per Serving

Calories120Percent Calories from Fat23%Total Fat3.0Saturated Fat1.0 gTrans Fat0 gCholesterol<5 mgSodium290 mgTotal Carbohydrates17 gDietary Fiber4 gSugars4 gVitamin A(5,500 IU) 110%Vitamin C(24 mg) 40%Calcium10%	NOTES
Iron     10%       Approximate preparation time       45 minutes       Child Nutrition Program Food Components       Each portion provides:       1/2 cup vegetable	
Family-size recipe can be found in the appendix. Original Recipe Source Produce for Better Health Foundation and the American Cancer Society	

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