

Touchdown Tomato Basil Soup

Recipe H-14

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Oil, olive or canola		¼ cup		½ cup	2 Tb	<ol style="list-style-type: none"> Heat oil in large stockpot. Skin and dice onion. Cook for 5 minutes over medium heat or until soft. Do not brown. Add diced celery and diced carrots and cook 10 minutes or until vegetables are soft. Do not brown. Add chopped spinach and minced garlic and continue to simmer covered for 2 minutes. Drain and rinse chickpeas. Add chickpeas and diced tomatoes and return to simmer. Add tomato sauce and vegetable broth and heat thoroughly. Finish soup with dry basil and Parmesan cheese. For optimal flavor, add basil right before serving. Adjust seasoning with salt and pepper. <p>🔴 For adults, basil amounts can be doubled.</p> <p>🍴 Serve ¾ cup (6 ounces).</p> <p>🌶️ Can be served with crushed red pepper on the side.</p>
Onion, diced 🟩	2 lb		4 lb		1 lb	
Celery, diced 🟩	1 lb		2 lb		½ lb	
Carrot, diced 🟩	1¾ lb		3½ lb		¾ lb	
Garlic cloves, minced		2 Tb		¼ cup	1 Tb	
Spinach, stems removed, washed, roughly chopped 🟩	2 lb		4 lb		1 lb	
Tomatoes, canned, diced 🟩		1 #10 can		2 #10 cans	½ #10 can	
Canned chickpeas, rinsed and drained 🟩	4 lb		8 lb		2 lb	
Tomato sauce, low sodium		2 48-ozcans		4 48-oz cans	1 48-oz can	
Vegetable broth, low sodium		2 quarts		1 gallon	1 quart	
Parmesan cheese		1½ cups		3 cups	¾ cup	
Basil, dry 🔴		4 tsp		2½ Tb	2 tsp	

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

