



Vegetable Soup

P-007-00

Soups

Color Code: Green

Sodium: High

Yield: 100 Portions

Each Portion: 1 cup (8 oz)

Temperature: 400°F (218°C)

Time: 25 - 35 min.

INGREDIENTS

Item	Measure	Weight	Approx issue
WATER	2 qt	4 lb 3 oz	
VEGETABLE BASE, LOW SODIUM	2 tbsp	1 oz	
OIL, CANOLA	1-½ cup	11-½ oz	
ONIONS, YELLOW, DICED ½-INCH	2 qt	2 lb 7 oz	2 lb 11 oz
SALT	½ cup + 2 tbsp	6-½ oz	
GARLIC, PREMINCED IN WATER	1 cup	6 oz	
BAY LEAVES	25 each	0.88 oz	
THYME, DRIED, CRUSHED	3 tbsp	0.41 oz	
BASIL, DRIED, CRUSHED	2 tbsp + 2 tsp	0.27 oz	
PEPPER, BLACK, GROUND	1 tbsp	0.22 oz	
POTATOES, WHITE, PARED, DICED ½-INCH	5 qt	6 lb 4 oz	7 lb 8 oz
CARROTS, DICED, ¼-INCH	2 qt	2 lb 12 oz	3 lb 6 oz
ZUCCHINI, DICED ½-INCH	2-½ qt	2 lb 11 oz	2 lb 13 oz
CABBAGE, GREEN, TRIMMED, CORED, CHOPPED	1-¼ gal	2 lb 8 oz	3 lb 2 oz
CELERY, TRIMMED, DICED ¼-INCH	2 qt	2 lb 3 oz	2 lb 10 oz
PEPPERS, BELL, RED, DICED ½-INCH	2-½ cups	11 oz	1 lb 6 oz
TOMATOES, CANNED, DICED	2-½ qt	5 lb 5 oz	1-No.10 can
TOMATO PASTE	1-½ cup	13 oz	

WATER	4-½ gal	37 lb 8 oz	
PARSLEY, ROUGHLY CHOPPED	2 cups	4-¼ oz	5 oz

DIRECTIONS

1. Prepare all fruits and vegetables in accordance with guideline card A-G 31. Dice onions, potatoes, zucchini and peppers to ½-inch dice; dice carrots and celery to ¼-inch dice; chop cabbage and parsley.
2. Preheat tilt skillet to 425°F (218°C).
3. In a mixing bowl combine vegetable base and 2 qt (4 lb 3 oz) water. Whisk well until base is completely dissolved. Reserve for use in Step 7.
4. Heat canola oil in preheated tilt skillet or steam-jacketed kettle; add onions and cook for 5 minutes or until golden and tender; stir occasionally.
5. Add salt, garlic, bay leaves, thyme, basil and pepper; cook for 1 to 2 minutes, stirring occasionally.
6. Add potatoes, carrots, zucchini, cabbage, celery and peppers to the onion-spice mixture and sauté for additional 5 minutes.
7. Add diced tomatoes and tomato paste; stir; add reconstituted vegetable base and 4-½ gal (37 lb 8 oz) water. SoBring to a boil. Reduce tilt skillet temperature to 275°F (135°C); simmer covered for 15 to 20 minutes. CCP: Internal temperature must reach 135°F (57°C).
8. Sprinkle parsley on soup. CP: Hold hot for service at 135°F (57°C).

RECIPE NOTES

1. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.

NUTRITION FACTS

Calories	80
Carbohydrates	14 g
Sugars*	3 g
Protein	2 g
Fat	3 g
Saturated Fat	0.3 g
Sodium	782 mg
Calcium	41 mg
Fiber	2.2 g



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