CHAPTER 14

Soups

Homemade soups are popular and versatile menu items that may be served as an appetizer or as a center-of-the-plate entree. The type of soup served should complement the other menu items or be hearty enough for the entree. Hot soups should be heated to 180°F and cold soups served below 41°F.

TYPES OF SOUPS

Soups may be clear and thin or thick and hearty. Stock or broth, the basic ingredient of many soups, is made by simmering meat and/or meat, fish, or poultry bones, and/or vegetables in water to extract their flavor. The most frequently used stocks are brown (made from beef that has been browned before simmering) and white or light (made from veal and/or chicken). See pp. 598–600 for stock recipes.

Mirepoix, a mixture of chopped vegetables—usually in the proportion of 50 percent onions, 25 percent carrots, and 25 percent celery—is used in flavoring soup stock. Flavorings commonly used are bay leaves, peppercorns, whole cloves, and parsley stems.

For a clear soup, the stock should be clarified. Clarifying removes flecks that are too small to be strained out with cheesecloth, but that will cloud a soup's appearance. Stock is highly perishable. If it is not to be used immediately, it may be reduced in volume by boiling to one-half or one-fourth its volume and frozen for later use. Recipes for beef, chicken, and vegetable stocks and directions for clarifying stock are given on pp. 558 and 559.

Clear soups are made from a clear, seasoned stock or broth and include:

- *Bouillon,* made from beef broth that may or may not be clarified.
- *Consommé,* a strong, concentrated stock or broth.
- *Vegetable soup,* a clear seasoned stock or broth, with the addition of vegetables and sometimes meat or poultry products.

Thick soups are opaque rather than transparent. They are thickened either by a roux, which is a mixture of melted fat and flour slightly browned, or a puree of one of the ingredients. Examples are:

- *Cream soups,* made with a thin or medium white sauce combined with either mashed, strained, or finely chopped vegetables or meat, chicken, or fish. Chicken stock may be used to replace part of the milk in the sauce to enhance the flavor. If a stock base is used, it may be added to the margarine-flour roux or may be added to water and used as part of the liquid.
- *Chowders,* unstrained, chunky, hearty soups prepared from meat, poultry, seafood, and/or vegetables. Most chowders contain potatoes and milk or cream.
- *Purees,* thick soups made by pressing cooked vegetables or fish through a sieve into their own stock.

COMMERCIAL SOUP BASES

Because preparation of soups, especially those made from stock, is time-consuming, commercial food or soup bases are often used. The amount of meat concentrate in commercial soup bases varies,

so the choice of base should be made carefully to ensure a desirable, full-flavored stock. A high-quality base is a concentrate of cooked meat, poultry, seafood, or vegetables that includes the concentrated cooking juices and seasonings. It has a puree- or pastelike consistency and may require refrigeration. One pound of soup base produces an average of 5 gallons of ready-to-use stock. Most granulated soup bases and many paste products are highly salted. When using these products, the salt listed in the recipe should be deleted or reduced. Soup bases also can be used to prepare sauces, gravies, and stuffings.

SERVING AND HOLDING SOUPS

Hot soup cools off quickly in serving bowls. It is important that soup be very hot when served. Using a heated bowl helps hot soups retain their heat. Soups should be prepared in batches small enough for ingredients to retain their texture throughout the serving period. Cream soups will curdle if kept at too high a temperature or held for too long a time. For this reason, the milk may be added just before serving and the mixture reheated to serving temperature (180°F). Cold soups should be served in chilled bowls at 41°F.

STOCK SOUP RECIPES

CHICKEN STOCK

Yield: 3 gal

Ingredient	*Amount*	*Procedure*
Chicken bones	24 lbs	Rinse chicken bones and place in steam-jacketed or large stock pot.
Water, cold	5 gal	Add water. Simmer 3–4 hours. Skim as necessary.
Onions, quartered	1 lb 8 oz	Add vegetables and seasonings. Bring to boiling point. Reduce heat and simmer 1 hour longer.
Celery, with leaves, chopped	12 oz	
Carrots, chopped	12 oz	
Salt	3 oz	
Peppercorns, cracked	1 Tbsp	
Bay leaves	4 leaves	
Thyme, dried	2 tsp	
		Remove bones from broth. Strain and refrigerate. When broth is cold, fat will congeal on top; skim off.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- If a clear broth is desired, clarify by adding egg shells and whites to broth. Bring stock to boiling point and simmer for 15 minutes. Strain through a fine strainer.

Variations

- **Chicken Stock with Soup Base.** Add 8 oz concentrated chicken base to 2½ gal water. Exact proportion of base and water may vary between manufacturers. Chicken base is often highly salted. When using chicken base for making stock, taste recipes before adding salt. The flavor of chicken stock made with base can be enhanced by simmering 12 oz clean vegetable trimmings (or vegetables listed above) with 2½ gal stock for approximately 15 minutes. Strain before using.
- **White Stock.** Substitute knuckle of veal for part of chicken bones.

BEEF STOCK

Yield: 3 gal

Ingredient	*Amount*	*Procedure*
Beef shank, lean	20 lb	Pour water over beef shanks in steam-jacketed kettle or large stock pot.
Water, cold	5 gal	Bring water to boiling point. Reduce heat and simmer until meat leaves bone, about 3 hours.
Onions, quartered	1 lb 8 oz	Add vegetables and seasonings. Simmer 1 hour.
Celery, with leaves, chopped	12 oz	Remove meat, strain broth.
		Refrigerate for several hours.
Carrots, chopped	12 oz	Skim congealed fat off top.
Peppercorns, cracked	1 Tbsp	
Bay leaves	2 leaves	
Salt	3 oz	

Notes

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Variations

- **Beef Stock with Soup Base.** Add 8 oz concentrated beef base to 2½ gal water. Exact proportions may vary with different manufacturers. Beef base is often highly salted. When using beef base for making stock, taste recipes before adding salt. The flavor of beef stock made with base can be enhanced by simmering 12 oz clean vegetable trimmings (or the vegetables listed above) with 2½ gal stock for approximately 15 minutes. Strain before using.
- **Brown Stock.** Roast beef bones in hot oven until they are a rich brown color. Brown or caramelize vegetables before adding to the water. Proceed as for Beef Stock.

BOUILLON

Yield: 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Beef, lean	8 lb	Sear beef. Add bone and water.
Beef bone, cracked	4 lb	Simmer for 3–4 hours. Replace water as necessary.
Water, cold	4 gal	
Carrots, diced	8 oz	Add vegetables and seasonings.
Celery, chopped	8 oz	Cook 1 hour. Strain.
Onions, quartered	8 oz	Chill overnight.
Bay leaves	4	Remove congealed fat from broth.
Peppercorns	1 Tbsp	
Salt	¼ cup	
To clarify:		Add egg shells and whites to clarify the broth.
Egg shells, washed and crushed	3	Bring slowly to boiling point, stirring constantly. Boil 15–20 minutes without stirring.
Egg whites, beaten	3	Strain through a fine strainer.

Note

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Variations

- **Chicken Bouillon.** Substitute 20 lb chicken, cut up, for the beef and bone. Do not sear chicken.
- **Tomato Bouillon.** To 1½ gal Bouillon, add four 46-oz cans tomato juice, 2 oz chopped onion, 2 oz sugar, 2 oz salt (amount will vary), ½ tsp pepper, and 2 bay leaves.

VEGETABLE STOCK

Yield: 3 gal

Ingredient	*Amount*	*Procedure*
Vegetable oil	6 oz	Heat oil in steam-jacketed kettle or large stock pot.
Green cabbage, coarsely chopped	12 oz	Add vegetables to oil. Cover and cook until softened and moisture is released, 3–5 minutes.
Carrots, coarsely chopped	1 lb 8 oz	
Celery, coarsely chopped	1 lb 8 oz	
Celery leaves, coarsely chopped	1 lb	
Garlic cloves, crushed	8 cloves	
Onions, quartered	2 lb 8 oz	
Parsley stems, chopped	3 oz	
Parsnips, peeled	1 lb	
Tomato, chopped	1 lb	
Turnips, chopped	12 oz	
Water	5 gal	Add water and spices.
Salt	3 oz	Simmer for 40–50 minutes.
Peppercorns, cracked	1 Tbsp	Strain stock and cool.
Bay leaves	6 leaves	
Thyme, dried	2 tsp	

Notes

- Potentially hazardous food. *Food Safety Standards:* Cool product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures.
- Clean vegetable trimmings may be substituted for part of the vegetables specified.

Variation

- **Vegetable Stock with Base.** Exact proportions of base and water differ between brands. Follow manufacturers' directions. Vegetable base is often highly salted. When using vegetable base for making stock, taste recipes before adding salt. The flavor of vegetable stock made with base can be enhanced by simmering 2 lb clean vegetable trimmings (or the soft or leafy vegetables listed above) with 3 gal stock for approximately 15 minutes. Strain before using.

BEEF BARLEY SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Beef, cubed	3 lb	Brown beef cubes in kettle. Drain off fat.
Celery, chopped	1 lb 6 oz	Add celery and onions. Sauté until tender.
Onions, chopped	1 lb 6 oz	
Beef Stock (p. 599)	3 gal	Add remaining ingredients. Bring to a boil.
Pepper, black	1 tsp	Lower heat and simmer for 1 hour.
Salt	1 tsp	Taste for seasoning and add salt if needed.
Bay leaf	1	
Carrots, diced	1 lb 6 oz	
Pearl barley	10 oz	

Approximate nutritive values per portion **Calories** 81

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 15 mg	5%	**Total Carb.** 7 g	2%	**Vitamin A**	35%	**Calcium**	2%
Sat. Fat 1 g	3%	**Sodium** 818 mg	34%	Fiber 2 g	6%	**Vitamin C**	4%	**Iron**	6%
Protein 9 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 2¾ oz (1⅓ cups) dehydrated onions may be substituted for fresh onions.

VEGETABLE BEEF SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Beef Stock (p. 599)	2 gal	Heat stock in kettle.
Carrots, cubed	8 oz	Add vegetables and seasonings.
Celery, chopped	1 lb	Cover and simmer about an hour. Replace water as necessary.
Onions, chopped	1 lb 8 oz	Taste for seasoning. Add additional salt if needed.
Potatoes, cubed	1 lb	
Salt	1 Tbsp	
Pepper, black	1 tsp	
Tomatoes, diced, canned	1 No. 10 can	
Cooked beef, chopped	2 lb	Add chopped beef. Heat to serving temperature, 180°F.

Approximate nutritive values per portion **Calories** 80

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	4%	**Cholest.** 18 mg	6%	**Total Carb.** 6 g	2%	**Vitamin A**	14%	**Calcium**	3%
Sat. Fat 1 g	4%	**Sodium** 748 mg	31%	Fiber 0.4 g	2%	**Vitamin C**	17%	**Iron**	7%
Protein 9 g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 8 oz uncooked rice or 4 oz dry noodles may be substituted for the potatoes.
- Browned beef cubes may be substituted for cooked beef. Brown in kettle before stock is added.
- 3 oz (1½ cups) dehydrated onions may be substituted for fresh onions.

Variations

- **Julienne Soup.** Cut carrots, celery, and potatoes in long, thin strips.
- **Mexican Beef Soup.** Omit carrots and celery. Add 12 oz whole-kernel corn; 4 oz green peppers, chopped; 1 lb 8 oz sliced zucchini; and 3 Tbsp ground cumin.
- **Vegetable Soup.** Delete beef. Increase carrots and celery to 1 lb 8 oz each.

HEARTY BEEF VEGETABLE SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Ground beef	8 lb (AP)	Brown meat. Drain off fat.
Onions, chopped	1 lb	Add onions to meat and cook until tender.
Margarine Flour, all-purpose	9 oz 9 oz	Melt margarine and stir in flour. Cook for 5 minutes.
Beef Stock (p. 599) Salt Pepper, black	1¼ gal 1 Tbsp ½ tsp	Add stock and seasonings, stirring constantly. Cook until mixture boils and has thickened. Add browned meat and onions.
Carrots, fresh, diced Celery, sliced	12 oz 10 oz	Cook vegetables until barely tender. Drain. (Vegetables should be crunchy.)
Mixed vegetables, frozen	4 lb	Cook mixed vegetables until partially done. Add, with other vegetables, to the soup. Stir carefully to blend.
Tomatoes, diced, canned	2 lb 8 oz	Add tomatoes. Heat to serving temperature, 180°F.

Approximate nutritive values per portion **Calories** 228

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 14 g	21%	**Cholest.** 48 mg	16%	**Total Carb.** 11 g	4%	**Vitamin A**	34%	**Calcium**	3%
Sat. Fat 4 g	22%	**Sodium** 281 mg	12%	Fiber 2 g	7%	**Vitamin C**	9%	**Iron**	11%
Protein 15 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 2 oz (1 cup) dehydrated onions may be substituted for fresh onions.

BEEF NOODLE SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Vegetable oil Beef, fresh, cubed Salt Pepper, black	½ cup 2 lb 2 tsp ½ tsp	Heat oil in kettle. Add beef cubes and seasonings and cook until lightly browned. Drain off fat.
Onions, chopped Celery, chopped	8 oz 12 oz	Add onions and celery, and sauté.
Beef Stock (p. 599)	2¾ gal	Add stock. Simmer for 1 hour.
Noodles	12 oz	Add noodles and simmer until tender, 5–10 minutes. Add salt if needed.

Approximate nutritive values per portion **Calories** 85

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	6%	**Cholest.** 17 mg	6%	**Total Carb.** 6 g	2%	**Vitamin A**	0%	**Calcium**	1%
Sat. Fat 1 g	6%	**Sodium** 786 mg	33%	Fiber 0 g	0%	**Vitamin C**	1%	**Iron**	5%
Protein 7 g				Sugars 0 g					

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- 1 oz (½ cup) dehydrated onions may be substituted for fresh onions.

Variations

- **Alphabet Soup.** Use alphabet noodles.
- **Beef Rice Soup.** Substitute 1 lb 8 oz rice for noodles.
- **Creole Soup.** Reduce Beef Stock to 2¼ gal. Add 1 No. 10 can tomatoes, 8 oz shredded green peppers, 1 lb sliced okra, and 4 bay leaves. Substitute rice for noodles.

CHICKEN NOODLE SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Chicken Stock (p. 598)	3 gal	Bring stock to a boil.
Onion, chopped	8 oz	Add onion and celery. Cook until tender.
Celery, chopped	8 oz	
Noodles	1 lb	Add noodles. Cook for about 15 minutes or until noodles are tender.
Margarine, melted	8 oz	Blend margarine and flour.
Flour, all-purpose	4 oz	Add to soup, stirring until slightly thickened.
Salt	1 tsp	Add seasonings.
Pepper, white	½ tsp	
Cooked chicken, diced	1 lb 8 oz	Add chicken and simmer for 5 minutes.

Approximate nutritive values per portion **Calories** 140

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	**10%**	**Cholest.** 21 mg	**7%**	**Total Carb.** 10 g	**3%**	**Vitamin A**	**1%**	**Calcium**	**1%**
Sat. Fat 1 g	**7%**	**Sodium** 846 mg	**35%**	Fiber 0 g	**0%**	**Vitamin C**	**0%**	**Iron**	**6%**
Protein 10 g				Sugars 0 g					

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Notes

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- 1 oz (½ cup) dehydrated onions may be substituted for fresh onions.

Variation

- **Chicken Rice Soup.** Substitute 12 oz rice for the noodles.

TURKEY VEGETABLE SOUP

Yield: 50 portions *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Carrots, fresh	1 lb	Cut carrots into thin julienne strips.
Potatoes, red	2 lb	Do not peel potatoes. Dice into ½-inch cubes.
Onions, minced Celery, chopped Mushrooms, sliced Chicken Stock (p. 598)	12 oz 10 oz 8 oz 2½ gal	Combine in steam-jacketed kettle. Add carrots and potatoes. Simmer 20 minutes or until vegetables are tender.
Sage, rubbed Thyme, ground Pepper, black	⅛ tsp ¼ tsp ¼ tsp	Add seasonings to soup.
Cooked turkey, chopped Parsley, fresh, chopped	2 lb 2 oz	Add turkey and parsley. Heat to 180°F.

Approximate nutritive values per portion **Calories** 87

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 15 mg	5%	**Total Carb.** 6 g	2%	**Vitamin A**	36%	**Calcium**	2%
Sat. Fat 1 g	3%	**Sodium** 645 mg	27%	Fiber 0 g	0%	**Vitamin C**	5%	**Iron**	5%
Protein 10 g				Sugars 0 g					

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Notes

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- 1½ oz (¾ cup) dehydrated onions may be substituted for fresh onions.

CHILI CON CARNE

Yield: 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Ground beef	10 lb (AP)	Cook beef, onions, and garlic in steam-jacketed kettle until meat loses pink color.
Onions, chopped	8 oz	
Garlic, minced	1 clove	
Tomatoes, canned, diced	2½ qt	Mix tomato and seasonings. Add to beef. Cook until blended.
Tomato puree	2 qt	
Water	1 qt	
Chili powder	3 oz	
Cumin seed, ground	1½ Tbsp	
Salt	1 oz (1½ Tbsp)	
Pepper, black	½ tsp	
Sugar, granulated	2 oz	
Beans, pinto, kidney, or red, canned	9 lb 8 oz	Add beans to meat mixture. Cover and simmer for 1 hour. Add water if chili becomes too thick.

Approximate nutritive values per portion **Calories** 293

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 13 g	20%	**Cholest.** 51 mg	17%	**Total Carb.** 23 g	8%	**Vitamin A**	18%	**Calcium**	7%
Sat. Fat 5 g	24%	**Sodium** 791 mg	33%	Fiber 2 g	10%	**Vitamin C**	33%	**Iron**	20%
Protein 22 g				Sugars 4 g					

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- If dried beans are used, substitute 3 lb for canned beans. Wash and prepare according to directions on p. 632.
- If desired, thicken chili by mixing 5 oz flour and 2 cups cold water. Add to chili mixture and heat until flour is cooked.
- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.

Variations

- **Chili and Cheese.** Sprinkle grated cheddar or Monterey Jack cheese over chili, 1 Tbsp per bowl.
- **Chili Buffet.** Serve chili with accompaniments: chopped onions, tomatoes, and green peppers; sliced black olives; shredded cheese; and sliced jalapeño peppers.
- **Chili Spaghetti.** Use only 7 lb ground beef. Cook 1 lb 8 oz spaghetti according to directions on p. 369. Add to chili mixture just before serving. Macaroni or other pasta shapes may be used also.
- **Turkey Chili.** Substitute 8 lb ground turkey for ground beef.

GARDEN CHILI

Yield: 50 portions *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Vegetable oil	¾ cup	Heat oil. Add onions and garlic and sauté until transparent.
Onions, chopped	3 lb 12 oz	
Garlic, minced	1½ Tbsp	
Celery, chopped	2 lb 4 oz	Add celery, carrots, and seasonings to onions. Cook until tender-crisp.
Carrots, chopped finely	1 lb	
Oregano, dried, crumbled	2 tsp	
Cumin, ground	2 Tbsp	
Chili powder	2 Tbsp	
Salt	1 oz (1½ Tbsp)	
Pepper, black	1 Tbsp	
Green peppers, chopped	1 lb	Add to onion mixture. Heat to 180° F.
Zucchini, chopped	2 lb	
Mushrooms and stems, canned	1 lb 8 oz	
Tomatoes, diced, canned	5 lb 6 oz	
Water	1 qt	
Red beans, canned	5 lb 6 oz	
Lemon juice, frozen, reconstituted	⅓ cup	
Cheddar cheese, shredded	1 lb 8 oz	To serve, ladle chili into soup bowls. Sprinkle ½ oz cheese over each portion.

Approximate nutritive values per portion **Calories** 169

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 8 g	**13%**	**Cholest.** 14 mg	**5%**	**Total Carb.** 17 g	**6%**	**Vitamin A**	**35%**	**Calcium**	**15%**
Sat. Fat 4 g	**19%**	**Sodium** 600 mg	**25%**	Fiber 5 g	**18%**	**Vitamin C**	**38%**	**Iron**	**10%**
Protein 8 g				Sugars 5 g					

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Note

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WHITE CHILI

Yield: 50 portions *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Great Northern beans	3 lb	Sort and wash beans. Cover with water to 2 inches above beans. Let soak overnight.
		Drain beans. Place in steam-jacketed kettle.
Water Chicken soup base Onion, chopped Garlic, minced Salt	2 gal 6 oz 2 lb 1 oz 1½ tsp	Add to beans. Bring to a boil. Cover. Reduce heat and simmer for 2 hours, stirring occasionally.
Chicken or turkey, white meat, diced Green chilies, canned, diced Cumin, ground Oregano, dried, crumbled Pepper, cayenne Cloves, ground Cilantro, dried, crumbled	3 lb 1 lb 8 oz 2 Tbsp 1½ Tbsp 1½ tsp ½ tsp 1 Tbsp	Add to beans. Cover and simmer 30 minutes.
Monterey Jack cheese, shredded (optional)	1 lb 12 oz	Sprinkle ½ oz cheese over each portion as it is served.

Approximate nutritive values per portion **Calories** 210

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**10%**	**Cholest.** 35 mg	**12%**	**Total Carb.** 20 g	**7%**	**Vitamin A**	**5%**	**Calcium**	**18%**
Sat. Fat 3 g	**17%**	**Sodium** 859 mg	**36%**	Fiber 0.4 g	**1%**	**Vitamin C**	**4%**	**Iron**	**12%**
Protein 18g				Sugars 1 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- If a highly salted chicken base is used, check for seasoning before adding salt.

MINESTRONE SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Bacon, diced	1 lb	Fry bacon until crisp. Drain.
Onions, chopped Garlic, minced	12 oz 2 cloves	Sauté onion and garlic in a little bacon fat until tender. Place, with bacon, in a large kettle.
Beef Stock (p. 599) Bay leaves Pepper, black	2 gal 2 1 tsp	Add stock and seasonings. Heat to boiling.
Cabbage, chopped Carrots, fresh, diced Potatoes, raw, chopped Celery, chopped Spinach, fresh, chopped Green beans, cut, canned Tomatoes, canned, diced Red beans, canned Spaghetti, long	12 oz 12 oz 12 oz 12 oz 3 oz 12 oz 2 lb 1 lb 12 oz 2 oz	Add vegetables and spaghetti. Simmer 45 minutes.
Flour, all-purpose Water, cold	3 oz 1 cup	Make a smooth paste of the flour and water. Stir into soup. Cook 10 minutes longer.
Parsley, chopped	¼ cup	Add parsley just before serving.

Approximate nutritive values per portion **Calories** 69

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 2 mg	1%	**Total Carb.** 9 g	3%	**Vitamin A**	21%	**Calcium**	3%
Sat. Fat 1 g	3%	**Sodium** 634 mg	26%	Fiber 2 g	7%	**Vitamin C**	17%	**Iron**	6%
Protein 4 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1½ oz (¾ cup) dehydrated onions may be substituted for fresh onions.

LENTIL AND BLACK BEAN SOUP

Yield: 50 portions *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Onions, chopped Garlic, minced Carrots, chopped Vegetable oil	3 lb 2 cloves 1 lb 12 oz 1 cup	In a steam-jacketed or other large kettle, sauté onions, garlic, and carrots in oil until just tender.
Lentils, dry, rinsed Water	2 lb 8 oz 1½ gal	Add water and rinsed lentils to vegetables. Bring to a boil and simmer for 25 minutes.
Black beans, canned, drained Tomatoes, canned, diced Thyme, dried Marjoram, dried Parsley, fresh Salt Pepper Cumin	4 lb 3 qt 2 tsp 1½ tsp 1 oz 1 oz 1 Tbsp ½ tsp	Add beans, tomatoes, and spices. Cover and simmer until lentils are tender, but not mushy, approximately 20–30 minutes. Serve hot, 180°F.
Tortillas, 6-inch	50	Serve garnished with a warm, rolled tortilla on the side of the plate.

Approximate nutritive values per portion **Calories** 233

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 5 g	8%	**Cholest.** 0 mg	0%	**Total Carb.** 38 g	13%	**Vitamin A**	54%	**Calcium**	11%
Sat. Fat 1 g	3%	**Sodium** 547 mg	23%	Fiber 5 g	21%	**Vitamin C**	14%	**Iron**	16%
Protein 9 g				Sugars 6 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- If soup becomes too thick, add hot water to bring to desired consistency.
- Chicken broth may be substituted for water. Reduce salt if a salted chicken base is used.

Variation

- **Split Pea and Black Bean Soup.** Substitute dried split peas for lentils.

NAVY BEAN SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Navy beans, dry	4 lb	Wash beans. Add boiling water. Cover and let stand 1 hour or longer.
Water, boiling	3 gal	Simmer beans for about 1 hour.
Ham cubes	3 lb	Add ham and seasonings to beans.
Onion, chopped	12 oz	Cook until beans are tender, 1–1½ hours.
Celery, diced	8 oz	Add water to make volume of 3¼ gal.
Pepper, black	1 Tbsp	Check seasoning. Add salt if needed. Heat to 180°F.
Water	(see Procedure)	

Approximate nutritive values per portion **Calories** 93

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	4%	**Cholest.** 16 mg	5%	**Total Carb.** 8 g	3%	**Vitamin A**	0%	**Calcium**	2%
Sat. Fat 1 g	4%	**Sodium** 582 mg	24%	Fiber 0.2 g	1%	**Vitamin C**	12%	**Iron**	6%
Protein 9 g				Sugars 0 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- Great Northern beans may be substituted for navy beans.
- Ham base may be added for additional flavor.
- 1½ oz (¾ cup) dehydrated onions may be substituted for fresh onions.

SPLIT PEA SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Split peas	3 lb	Wash peas. Add water and bring to a boil.
Water	2 gal	Boil for 2 minutes, then turn off heat. Cover and let stand for 1 hour.
Ham cubes	2 lb	Add ham, onions, carrots, and potatoes.
Onions, chopped	1 lb	Cook for 1 hour or until peas are soft.
Carrots, fresh, chopped	1 lb 8 oz	
Potatoes, raw, chopped	2 lb	
Margarine	4 oz	Melt margarine and add flour. Stir until smooth. Cook 5 minutes.
Flour, all-purpose	2 oz	
Chicken Stock (p. 598)	2 qt	Add stock, while stirring, and cook until thickened. Add to peas.
Pepper, black	1 tsp	Taste for seasoning. Add pepper and salt if needed.

Approximate nutritive values per portion **Calories** 175

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 4 g	6%	**Cholest.** 11 mg	4%	**Total Carb.** 23 g	8%	**Vitamin A**	39%	**Calcium**	2%
Sat. Fat 1 g	5%	**Sodium** 432 mg	18%	Fiber 2 g	7%	**Vitamin C**	12%	**Iron**	9%
Protein 12 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- If soup becomes too thick, add hot water to bring to desired consistency. If a smoother soup is desired, cook and puree peas before adding ham and vegetables.
- 1 lb chopped celery may be substituted for 1 lb potatoes.
- 3 lb sliced Polish sausage may be added to soup before serving. Reduce ham to 1 lb.
- 2 oz (1 cup) dehydrated onions may be substituted for fresh onion.

Variations

- **Lentil Soup.** Substitute lentils for split peas.
- **Yellow Split Pea Soup.** Substitute yellow split peas for green split peas.

TOMATO RICE SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Chicken or Beef Stock (pp. 398, 399)	2 gal	Heat stock and puree to boiling point.
Tomato puree	1 gal	
Onion, chopped	2 oz	Add vegetables and rice. Cook until rice is tender.
Green pepper, chopped	4 oz	
Rice, converted	8 oz	
Margarine	6 oz	Melt margarine and add flour. Mix until smooth.
Flour, all-purpose	3 oz	Add to soup while stirring. Add salt to taste.

Approximate nutritive values per portion **Calories** 92

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 3 g	5%	**Cholest.** 0 mg	0%	**Total Carb.** 13 g	4%	**Vitamin A**	12%	**Calcium**	2%
Sat. Fat 1 g	4%	**Sodium** 852 mg	36%	Fiber 2 g	8%	**Vitamin C**	50%	**Iron**	7%
Protein 4 g				Sugars 0 g					

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Notes

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- ¼ oz (2 Tbsp) dehydrated onions may be substituted for fresh onions.

Variation

- **Tomato Barley Soup.** Add 1 lb barley in place of rice.

PEPPER POT SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Margarine	12 oz	Sauté vegetables in margarine until lightly browned, about 15 minutes.
Onion, finely chopped	8 oz	
Green peppers, finely chopped	8 oz	
Celery, thinly sliced	6 oz	
Potatoes, diced	3 lb 8 oz	
Flour, all-purpose	5 oz	Add flour to vegetables and stir until well blended.
Chicken or Beef Stock (pp. 598, 599)	2¼ gal	Combine stock and milk. Add to vegetable mixture, while stirring.
Milk, hot	1 qt	If soup base is used for the stock, taste before adding salt.
Salt	1 oz (1½ Tbsp)	
Pimiento, chopped	2 Tbsp	Add pimiento. Keep just below boiling point for 30 minutes, stirring frequently.

Approximate nutritive values per portion **Calories** 115

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	10%	**Cholest.** 3 mg	1%	**Total Carb.** 11 g	4%	**Vitamin A**	3%	**Calcium**	4%
Sat. Fat 2 g	8%	**Sodium** 834 mg	35%	Fiber 1 g	4%	**Vitamin C**	15%	**Iron**	3%
Protein 4 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- This soup is good served with Spaetzles (p. 133). Prepare 1 recipe for 50 servings.
- 1 oz (½ cup) dehydrated onions may be substituted for fresh onions.

FRENCH ONION SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Onions, fresh	8 lb	Cut onions in thin slices.
Margarine or shortening	12 oz	Sauté in margarine in large kettle.
Flour, all-purpose	3 oz	Add flour and pepper. Cook for 10 minutes.
Pepper, black	1 tsp	
Beef Stock (p. 599)	3 gal	Add stock and Worcestershire sauce.
Worcestershire sauce	3 Tbsp	Cook until onions are tender and temperature is 190°F.
Salt	1 tsp (if needed)	
Croutons	12 oz	To serve, ladle soup over croutons or toasted bread.
Parmesan cheese, grated, or Swiss cheese, shredded	2 oz	Sprinkle with cheese.

Approximate nutritive values per portion **Calories** 128

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	10%	**Cholest.** 0 mg	0%	**Total Carb.** 12 g	4%	**Vitamin A**	2%	**Calcium**	5%
Sat. Fat 2 g	8%	**Sodium** 974 mg	41%	Fiber 2 g	6%	**Vitamin C**	10%	**Iron**	5%
Protein 5 g				Sugars 2 g					

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Note

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CREAM SOUP RECIPES

BASIC SAUCE FOR CREAM SOUP

Yield: 2½ gal basic sauce

Ingredient	*Amount*	*Procedure*
Margarine Onions, finely chopped	8 oz 2 oz	Melt margarine. Add onions and sauté until tender.
Flour, all-purpose Chicken base Pepper, white	12 oz 3 oz ½ tsp	Add flour, chicken base, and pepper to onions. Stir until blended. Cook for 5 minutes.
Water	2 qt	Add water and stir until mixture thickens. Add vegetables and seasonings as suggested in Variations to make a variety of cream soups.
Milk, hot	2 gal	Stir in milk. Heat to 180°F.

Notes

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- Chicken base may be omitted. Omit the water and use 2½ gal milk. Add 2 oz salt.
- ¼ oz (2 Tbsp) dehydrated onions, rehydrated in ¼ cup water, may be substituted for fresh onions.
- A reduced-fat milk may be substituted for whole milk. Reduced-fat milk is less stable (curdles more easily) than whole milk.

Variations

- To make 3 gallons of soup (50–60 1-cup, 8-oz portions), use 1 recipe Basic Sauce for Cream Soup plus additions suggested below.
- **Cream of Asparagus Soup.** Add 6 lb cooked, chopped (or pureed) asparagus.
- **Cream of Broccoli Soup.** Add 6 lb cooked, chopped broccoli.
- **Cream of Cauliflower Soup.** Increase onion to 1 lb 8 oz and water to 1 gal. Reduce milk to 1½ gal. Add 6 lb cauliflower, cut into small florets, and 1 Tbsp Worcestershire sauce. Stir in 1 lb 8 oz processed American cheese, shredded. Stir until melted. Sprinkle with chopped chives.
- **Cream of Celery Soup.** Increase onions to 8 oz. Add 2 lb 8 oz cooked chopped celery and 1 lb cooked diced carrots.
- **Cream of Mushroom Soup.** Increase onion to 8 oz. Add 3 lb mushrooms, sliced or chopped, sautéed with the onion in margarine.
- **Cream of Potato Soup.** Increase onions to 12 oz. Add 8 lb cooked diced potatoes and 1 lb cooked chopped celery. Increase chicken base to 5 oz. Potatoes may be mashed or pureed if desired.
- **Cream of Spinach Soup.** Increase onion to 8 oz. Add 3 lb chopped spinach, cooked.
- **Cream of Vegetable Soup.** Increase onion to 1 lb. Add 1 lb cooked chopped celery, 1 lb 8 oz cooked diced carrots, and 2 lb cooked diced potatoes.
- **Mushroom Barley Soup.** Reduce milk to 3 qt and increase water to 1¾ gal. Increase margarine to 1 lb, onions to 1 lb, and chicken base to 8 oz. Add 3 lb sliced mushrooms, ½ tsp garlic powder, and 1 lb barley after water has been added. Simmer about 30 minutes, then add milk slowly and heat to 180°F. Sprinkle with chopped parsley.

CREAM OF CHICKEN SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Margarine Celery, chopped	8 oz 1 lb	Melt margarine. Sauté celery until tender.
Flour, all-purpose Salt	8 oz 1 oz (1½ Tbsp)	Add flour and salt. Stir until blended. Cook for 5 minutes.
Chicken Stock (p. 598) Celery salt Pepper, white	2 gal 2 tsp ½ tsp	Add stock and seasonings. Cook over low heat until it has the consistency of thin white sauce. If chicken base is used for stock, taste before adding celery salt.
Milk Cooked chicken, chopped	1 gal 3 lb	Add milk while stirring. Add chicken. Heat to 180°F.

Approximate nutritive values per portion **Calories** 172

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 9 g	**14%**	**Cholest.** 34 mg	**11%**	**Total Carb.** 8 g	**3%**	**Vitamin A**	**4%**	**Calcium**	**11%**
Sat. Fat 3 g	**16%**	**Sodium** 839 mg	**35%**	Fiber 0.3 g	**1%**	**Vitamin C**	**2%**	**Iron**	**5%**
Protein 14 g				Sugars 4 g					

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Notes

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- 1 lb cooked rice or noodles may be added. Reduce margarine and flour to 4 oz each.

Variation

- **Chicken Velvet Soup.** Substitute 2 qt light cream (half-and-half) for 2 qt milk. Increase flour to 12 oz.

CHEESE SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Margarine Onions, chopped	8 oz 8 oz	Sauté onion in margarine until lightly browned.
Flour, all-purpose Cornstarch	4 oz 2 oz	Add flour and cornstarch. Blend. Cook for 5 minutes.
Paprika Salt Pepper, white Milk Chicken Stock (p. 598)	1 tsp 2 Tbsp 1 tsp 1 gal 1½ gal	Add seasonings and blend. Add milk and stock slowly, while stirring. Cook until thickened.
Carrots, finely diced Celery, finely diced	1 lb 12 oz	Cook carrots and celery until tender but slightly crisp. Add to soup.
Cheddar cheese, sharp, shredded	1 lb	Add cheese and stir until melted.
Parsley, fresh, chopped	½ cup	Garnish with chopped parsley.

Approximate nutritive values per portion **Calories** 156

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	**15%**	**Cholest.** 21 mg	**7%**	**Total Carb.** 9 g	**3%**	**Vitamin A**	**33%**	**Calcium**	**17%**
Sat. Fat 4 g	**22%**	**Sodium** 776 mg	**32%**	Fiber 0.5 g	**2%**	**Vitamin C**	**5%**	**Iron**	**3%**
Protein 8 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.
- Vegetable base and water may be substituted for Chicken Stock.

BROCCOLI AND CHEESE SOUP

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Margarine Onions, finely chopped	10 oz 10 oz	Melt margarine in steam-jacketed or other large kettle. Add onions and sauté until tender.
Flour, all-purpose Salt Pepper, black	12 oz 1 Tbsp 1 tsp	Add flour and seasonings. Stir until blended. Cook for 5 minutes, stirring often.
Chicken base Water Milk	3 oz 3 qt 1½ gal	Stir in chicken base, then add water and milk, stirring constantly. Reduce heat and cook until thickened, stirring often.
Processed cheese, coarsely shredded	2 lb 8 oz	Add cheese and stir until melted.
Broccoli cuts, frozen	4 lb	Steam broccoli until just tender. Chop, if necessary. Add to cheese mixture and heat to 180°F.

Approximate nutritive values per portion **Calories** 239

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 16 g	**24%**	**Cholest.** 38 mg	**13%**	**Total Carb.** 14 g	**5%**	**Vitamin A**	**21%**	**Calcium**	**30%**
Sat. Fat 8 g	**39%**	**Sodium** 890 mg	**37%**	Fiber 2 g	**7%**	**Vitamin C**	**26%**	**Iron**	**4%**
Protein 11 g				Sugars 7 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 1¼ oz (⅔ cup) dehydrated onions, rehydrated in 1 cup water, may be substituted for fresh onions.
- Vegetable base may be substituted for chicken base.

Variation

- **Broccoli Swiss Soup.** In a steam-jacketed kettle, combine 1 lb chopped onions, 10 oz chopped celery, and 10 oz margarine. Sauté vegetables until tender. Stir in 10 oz flour, 1 tsp white pepper, and 2 tsp salt. Cook 5–10 minutes, stirring often. Using a wire whip, gradually stir in 1½ gal milk, 1¾ qt water, and 4 oz vegetable or chicken base. Reduce heat and cook until thichened, stirring constantly. Add 2 lb 12 oz shredded processed Swiss cheese. Stir until cheese melts. Add 5 lb 8 oz frozen broccoli cuts that have been steamed only until beginning to soften. Heat to 180°F. Makes 3 gal. Salt may need to be adjusted depending on the amount of salt in the vegetable or chicken base.

CHOWDER RECIPES

CORN CHOWDER

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Potatoes, diced	2 lb	Cook potatoes. Drain. Save for later step.
Margarine, melted Onions, finely chopped Celery, chopped	8 oz 4 oz 6 oz	Sauté onions and celery in margarine until tender.
Flour, all-purpose Pepper, white Chicken base	12 oz 1 tsp 3 oz	Add flour, pepper, and chicken base to onions. Stir until well blended. Cook for 5 minutes.
Water	1½ gal	Add water, stirring constantly. Cook until mixture thickens.
Corn, cream style Chives, frozen	1 No. 10 can 1 cup	Add corn, chives, and potatoes. Heat until hot.
Milk	2½ qt	Stir milk into soup. Heat to 180°F.

Approximate nutritive values per portion **Calories** 153

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 6 g	9%	**Cholest.** 7 mg	2%	**Total Carb.** 23 g	8%	**Vitamin A**	4%	**Calcium**	7%
Sat. Fat 2 g	9%	**Sodium** 392 mg	16%	Fiber 1 g	6%	**Vitamin C**	10%	**Iron**	3%
Protein 4 g				Sugars 3 g					

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Notes

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- Vegetable base may be substituted for chicken base.
- ½ oz (¼ cup) dehydrated onions, rehydrated in ½ cup water, may be substituted for fresh onions.
- 1 lb bacon, diced and cooked until crisp, may be added before serving.

Variations

- **Potato Chowder.** Omit corn and increase potatoes to 8 lb.
- **Vegetable Chowder.** Substitute 3 lb whole kernel corn for cream style corn. Add 4 oz chopped green pepper and 1 lb cooked, diced carrots.

NEW ENGLAND CLAM CHOWDER

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Potatoes, cubed Water Salt	6 lb 1 qt 1 Tbsp	Cook potatoes until tender. Drain. Reserve potatoes to add in last step.
Bacon, finely diced Onion, chopped Celery, chopped	4 oz 8 oz 12 oz	Sauté bacon, onion, and celery in steam-jacketed or other large kettle for 5 minutes, or until lightly browned.
Margarine Flour, all-purpose Pepper, white Chicken base (see Notes)	8 oz 8 oz 1 tsp 4 oz	Add margarine to onion and stir until melted. Add flour, seasonings, and chicken base. Stir until blended. Cook for 5 minutes.
Milk	2 gal	Add milk gradually while stirring. Cook until thickened.
Minced clams, undrained	4 lb	Add clams and potatoes. Heat to 180°F.

Approximate nutritive values per portion **Calories** 235

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 10 g	15%	**Cholest.** 34 mg	11%	**Total Carb.** 25 g	8%	**Vitamin A**	10%	**Calcium**	21%
Sat. Fat 4 g	21%	**Sodium** 709 mg	30%	Fiber 2 g	6%	**Vitamin C**	15%	**Iron**	32%
Protein 12 g				Sugars 9 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- 1 gal fresh clams may be used. Clean and steam until tender. Drain and chop. Save juice.
- Garnish with fresh or frozen chives, chopped.
- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.
- Clam base may be substituted for chicken base.

Variation

- **Fish Chowder.** Delete clams. Add 1 tsp thyme, 1 tsp crushed rosemary, 2 tsp Worcestershire sauce, ½ tsp hot pepper sauce, and 3 lb flaked white fish, or 1 lb shrimp and 2 lb minced clams.

POTATO AND ROASTED RED PEPPER SOUP

Yield: 50 portions *Portion:* 8 oz

Ingredient	*Amount*	*Procedure*
Potatoes, medium diced	6 lb 4 oz	Using a steamer or other steam equipment, steam potatoes until tender. Hold for later step.
Margarine Onions, finely chopped Celery, chopped	8 oz 1 lb (EP) 1 lb (EP)	In a steam-jacketed kettle or large stockpot, sauté vegetables until tender.
Flour	10 oz	Add flour to vegetables. Stir with wire whip to combine. Cook for 5–10 minutes. Turn off heat.
Water Chicken base Pepper, white Salt	2 qt 4 oz 1 tsp 1½ oz	Add water, base, and seasonings to roux, stirring constantly. Cook until mixture thickens.
Roasted Red Peppers, cut into ¼ × ½-inch strips (p. 655)	1 lb	Add steamed potatoes (from earlier step) and Roasted Red Peppers to onion, celery, and water mixture. Heat to 185°F.
Milk	5 qt	Add milk slowly to potato mixture. Stir constantly to combine. Heat to 180°F.

Approximate nutritive values per portion **Calories** 170

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7.5 g	11%	**Cholest.** 13 mg	4%	**Total Carb.** 20 g	7%	**Vitamin A**	12%	**Calcium**	13%
Sat. Fat 2.8 g	14%	**Sodium** 739 mg	31%	Fiber 1.7 g	7%	**Vitamin C**	49%	**Iron**	5%
Protein 5.8 g				Sugars 5 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

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- A frozen roasted pepper blend can be substituted for the Roasted Red Peppers. When using frozen roasted vegetables, place in a single layer on a baking sheet and heat in a 375°F oven until heated through (discard liquid that accumulates).
- Green, orange, or yellow bell peppers can be substituted for some or all of the red bell peppers.
- Vegetable base can be substituted for the chicken base. Adjust salt as required.

HEARTY POTATO HAM CHOWDER

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Margarine	3 oz	Melt margarine in steam-jacketed or other large kettle.
Onion, green, finely chopped	8 oz	Add onion and green pepper and sauté until tender.
Green pepper, chopped	12 oz	
Flour, all-purpose	3 oz	Add flour and seasonings. Stir until blended.
Pepper, white	½ tsp	Cook for 5 minutes, stirring often.
Paprika	1 tsp	
Chicken Stock (p. •••)	3 qt	Add stock and stir until smooth. Cook until mixture begins to thicken.
Ham, coarsely chopped	2 lb 8 oz	Add ham, potatoes, and corn. Heat to 180°F.
Potatoes, cooked, cubed	5 lb 8 oz	
Corn, whole kernel	3 lb 12 oz	
Milk	2¾ qt	Add milk and mix well. Heat to 180°F.
Parsley, fresh, chopped	½ cup	Sprinkle parsley over chowder before serving.

Approximate nutritive values per portion **Calories** 276

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 7 g	**11%**	**Cholest.** 21 mg	**7%**	**Total Carb.** 41 g	**14%**	**Vitamin A**	**5%**	**Calcium**	**7%**
Sat. Fat 2 g	**12%**	**Sodium** 584 mg	**24%**	Fiber 5 g	**21%**	**Vitamin C**	**32%**	**Iron**	**9%**
Protein 13 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 1 oz (½ cup) dehydrated onions, rehydrated in ¾ cup water, may be substituted for fresh onions.

OYSTER STEW

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Milk	2½ gal	Scald milk by heating to point just below boiling.
Oysters Butter or margarine	2½ qt 8 oz	Heat undrained oysters and butter only until edges of oysters begin to curl.
Salt Pepper	2 oz (3 Tbsp) ½ tsp	About 10 minutes before serving, add hot oysters, with the oyster liquid, and seasonings to scalded milk. Serve immediately to avoid curdling.

Approximate nutritive values per portion **Calories** 203

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	**18%**	**Cholest.** 76 mg	**25%**	**Total Carb.** 12 g	**4%**	**Vitamin A**	**18%**	**Calcium**	**26%**
Sat. Fat 7 g	**34%**	**Sodium** 599 mg	**25%**	Fiber 0 g	**0%**	**Vitamin C**	**9%**	**Iron**	**27%**
Protein 12 g				Sugars 10 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.

MANHATTAN FISH OR CLAM CHOWDER

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Bacon, diced	1 lb	Cook bacon until crisp. Drain off excess fat.
Onion, chopped	1 lb 6 oz	Add onion and sauté until tender. Place onion and bacon in large kettle.
Water	3 qt	Add water, vegetables, and spices. Bring to a boil.
Tomatoes, diced, canned	1 No. 10 can	Reduce heat. Simmer 40–45 minutes or until vegetables are tender.
Potatoes, chopped	3 lb	Remove bay leaves before serving.
Carrots, fresh, diced	1 lb 4 oz	
Celery, chopped	1 lb 4 oz	
Catsup	2 cups	
Worcestershire sauce	⅓ cup	
Salt	2 Tbsp	
Pepper, black	1 tsp	
Bay leaves	2	
Thyme, ground	1 tsp	
Fish, boneless, cooked and flaked, or minced clams	3 lb 8 oz	Add fish. Cover and simmer 5–10 minutes.
Parsley, fresh, chopped	¼ cup	Sprinkle parsley over soup before serving.

Approximate nutritive values per portion **Calories** 98

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	3%	**Cholest.** 13 mg	4%	**Total Carb.** 15 g	5%	**Vitamin A**	40%	**Calcium**	4%
Sat. Fat 1 g	3%	**Sodium** 543 mg	23%	Fiber 2 g	8%	**Vitamin C**	41%	**Iron**	29%
Protein 6 g				Sugars 4 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Notes

- Potentially hazardous food. *Food Safety Standards:* Hold food for service at an internal temperature above 140°F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41°F. See p. 44 for cooling procedures. Reheat leftover product quickly (within 2 hours) to 165°F. Reheat product only once; discard if not used.
- 2¾ oz (1½ cups) dehydrated onions, rehydrated in 2¼ cups water, may be substituted for fresh onions.

CHILLED SOUP RECIPES

GAZPACHO (SPANISH CHILLED SOUP)

Yield: 50 portions or 1¾ gal *Portion:* ½ cup (4 oz)

Ingredient	*Amount*	*Procedure*
Mushrooms, fresh, chopped	4 oz	Sauté mushrooms in olive oil until light brown.
Olive oil	½ cup	
Garlic	3 cloves	Crush garlic in salt.
Salt	2 Tbsp	
Tomatoes, fresh, finely chopped	3 lb	Combine remaining ingredients in a stainless steel or glass container.
Green peppers, finely chopped	1 lb 4 oz	Add mushrooms and garlic. If too thick, add more tomato juice.
Celery, finely chopped	12 oz	Cover and chill quickly to below 41°F.
Cucumbers, finely chopped	1 lb	
Onion, finely chopped	1 lb 8 oz	
Chives, chopped	2 Tbsp	
Parsley, chopped	3 Tbsp	
Pepper, black	1 Tbsp	
Worcestershire sauce	1 Tbsp	
Tarragon vinegar	1½ cups	
Hot pepper sauce	1 tsp	
Tomato juice	2½ qt	

Approximate nutritive values per portion **Calories** 45

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 2 g	4%	**Cholest.** 0 mg	0%	**Total Carb.** 6 g	2%	**Vitamin A**	5%	**Calcium**	2%
Sat. Fat 1 g	3%	**Sodium** 487 mg	20%	Fiber 1 g	5%	**Vitamin C**	43%	**Iron**	4%
Protein 1 g				Sugars 3 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note • Potentially hazardous food. Store for service at an internal temperature below 41°F.

VICHYSSOISE (CHILLED POTATO SOUP)

Yield: 50 portions or 3 gal *Portion:* 1 cup (8 oz)

Ingredient	*Amount*	*Procedure*
Chicken Stock (p. 598) Onions, chopped	1 gal 3 lb	Combine stock and onions. Cook until onions are tender. Strain.
Potatoes, diced	6 lb	Steam potatoes until tender. Mash.
Salt Celery salt Garlic salt Pepper, white	1 Tbsp 2 tsp 1 tsp ½ tsp	Add seasonings and chicken stock to potatoes. If soup base is used in stock, salt may need to be reduced.
Light cream (half-and-half)	1¼ gal	Add cream and mix well. Chill quickly to below 41°F.
Parsley, chives, or green onion tops, chopped	⅓ cup	Garnish chilled soup with chopped parsley, chives, or green onion tops.

Approximate nutritive values per portion **Calories** 200

Amount/portion	%DV	Amount/portion	%DV	Amount/portion	%DV		%DV		%DV
Total Fat 12 g	18%	**Cholest.** 36 mg	12%	**Total Carb.** 19 g	6%	**Vitamin A**	12%	**Calcium**	11%
Sat. Fat 7 g	35%	**Sodium** 546 mg	23%	Fiber 2 g	7%	**Vitamin C**	16%	**Iron**	2%
Protein 6 g				Sugars 2 g					

Percent Daily Values (%DV) are based on a 2000-calorie diet.

Note

- Potentially hazardous food. Store for service at an internal temperature below 41°F.