

# Potato, Corn, & Cauliflower Soup

Recipe Component:

Recipe Category

New Cuisine Modified

Ingredients	50 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Red potatoes	7 lb 8 oz				<ol style="list-style-type: none"> <li>1. Cut potatoes into age appropriate sized pieces. Place in a large bowl and cover with cold water.</li> <li>2. Trim, peel and dice onions to ¼ inch.</li> <li>3. Trim, peel and finely chop garlic.</li> <li>4. Cook the onions, oil and one-half of the amount of salt in a large stockpot over low heat, stirring occasionally until the onions are very soft, about 20 minutes.</li> <li>5. Add cauliflower, corn, garlic and sage (or thyme), to the pot and stir to coat. Cook, stirring occasionally, for 10 minutes.</li> <li>6. Drain the potatoes and add to the pot along with the water, reduced sodium vegetable stock, and the remaining salt. Omit remaining salt if low sodium vegetable stock is not available. Bring to a boil and cook, stirring occasionally, until the potatoes are fork tender, about 40 minutes. Stir in milk and pepper. Bring to a simmer and then reduce heat.</li> <li>7. Critical Control Point: Heat to 165 °F or higher</li> </ol>
Onions		3 medium			
Garlic (adjust as needed)		3 cloves			
Olive oil		¾ cup			
Salt (divided)		2 Tbsp			
Chopped cauliflower		1 qt			
Corn kernels, fresh or frozen (If serving children under 18 months, see important information in notes section)		1qt			
Chopped thyme or sage fresh OR Dried thyme or sage		¼ cup  OR 1 ½ tsp			
Water		1 cup			
Reduced sodium vegetable or chicken stock		2 qts			
Milk, low fat		2 cups			
White or black pepper		1 tsp			

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Notes: If serving children under 18 months, corn should be pureed, or use Shoepeg corn, or omit and replace with equal amount of potato.

Nutrient information calculated using Food Processor.

## Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings

### Serving: 1 cup

1-2 years: ¼ cup  
 3-5 years: ½ cup  
 6-18 years: 1 cup

### Yield:

50 Servings:  
 100 Servings:

### Volume:

50 Servings:  
 100 Servings:

## Nutrients Per Serving

<b>Calories</b>	98.47	<b>Saturated Fat</b>	0.54 g	<b>Iron</b>	0.47 mg
<b>Protein</b>	2.25 g	<b>Cholesterol</b>	0.49 mg	<b>Calcium</b>	23.17 mg
<b>Carbohydrate</b>	14.99 g	<b>Vitamin A</b>	6.03 RAE mcg	<b>Sodium</b>	319.98 mg
<b>Total Fat</b>	3.56 g	<b>Vitamin C</b>	11.31 mg	<b>Dietary Fiber (2016)</b>	2.22 g