

Southwestern White Bean Soup

Recipe Component: Meat Alt/ vegetable

Recipe Category: Main Dish Recipe #New School Cuisine, p 49, modified

Ingredients	48 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Onion, raw		5 large			<p><i>Thoroughly rinse fresh produce in cool, potable running water before cutting.</i></p> <ol style="list-style-type: none"> Trim and peel onions. Cut into small dice. Stem, core and seed peppers. Trim and peel carrots. Shred the peppers and carrots in a food processor fitted with a shredding disc (or cut into small dice.) Cook the onions, oil and half of the salt in a stock pot over low heat, stirring occasionally, until the onions are very soft and melting into the oil, 15 to 20 minutes. Stir in cumin, coriander and paprika; cook, stirring, for 1 minute. Stir the peppers and carrots into the onions. Cook, stirring occasionally, until the liquid from the peppers has evaporated and the vegetables are beginning to brown on the bottom of the pot, about 10 minutes. Add water, beans, tomatoes, corn and remaining half of salt. If low sodium versions of vegetables are not available, omit salt. Simmer for 1 hour. <p><i>Internal temperature taken at the center of the thickest part of the food must reach 135° F for 15 seconds.</i></p> <p><i>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
Bell pepper (any color), fresh		6 large			
Carrots, fresh		6 large			
Vegetable oil		1 cup			
Salt (omit if low sodium versions of vegetables are not available)		4 tsp, divided			
Ground cumin		4 Tbsp			
Ground coriander		4 Tbsp			
Paprika		4 Tbsp			
Water		1 gal 3 qt 2 cups			
White beans, low sodium, canned, rinsed and drained		2 #10 cans OR 16 #300 cans			
Diced tomatoes, canned, no added salt, drained		3 #10 cans (1 1/4 gal, drained measure)			
Corn, Frozen		1 qt			

Southwestern White Bean Soup

Recipe Component: Meat Alt/ vegetable

Recipe Category: Main Dish Recipe #New School Cuisine, p 49, modified

Notes:

If low sodium versions of vegetables are not available, omit salt. Recipe modified by decreasing salt. Nutrient Information from Food Processor. For children under 18 months old, chop corn and beans or puree soup.

Serving: 1 cup provides 1.25 oz meat equivalent

1-2 years: varies, see menu

3-5 years: varies, see menu

6-18 years: varies, see menu

Nutrients Per Serving

Calories	204.97	Saturated Fat	0.48 g	Iron	2.27 mg
Protein	8.84 g	Cholesterol	0 mg	Calcium	90.29 mg
Carbohydrate	32.95 g	Vitamin A	125.63 RAE	Sodium	426.16 mg
Total Fat	5.31 g	Vitamin C	31.43 mg	Dietary Fiber (2016)	8.45 g