

# Creamy Tomato Basil Soup



<b>Servings:</b>	1.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Same Day Service
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-49570
<b>School:</b>	Garden Prairie		

## Ingredients

Description	Measurement	Prep Instructions	DistPart #
MARGARINE BTR BLND EURO UNSLTD	9 Ounce	READY_TO_EAT Ready to use.	834071
OIL OLIVE PURE	1 Cup		432061
100% White Whole Wheat Flour	1 Pound		110858
Cream, fluid, heavy whipping	1 Gallon		1053
Carrots Shredded 5#	3 Pound		2767
CELERY DCD 1/4IN	3 Pound		198196
ONIONS YEL CHL DICE 5 LB BG	3 Pound		02541
TOMATO PASTE FCY	1 Pound	HEAT_AND_SERVE Unprepared MIX Unprepared READY_TO_DRINK Unprepared READY_TO_EAT Unprepared UNPREPARED Unprepared UNSPECIFIED Unprepared	221851

Description	Measurement	Prep Instructions	DistPart #
TOMATO DCD PETITE	3 Pound	HEAT_AND_SERVE Ready to Eat MIX Ready to Eat READY_TO_DRINK Ready to Eat READY_TO_EAT Ready to Eat UNPREPARED Ready to Eat UNSPECIFIED Ready to Eat	498871
BASE VEG CONC PLNTBSD	8 Ounce		671694
SPICE BASIL LEAF	1 Cup		518341
Black Pepper	1 Fluid Ounce	BAKE	24108
Water	3 Quart		Water

## Preparation Instructions

Make bechamel sauce:

1. Make the Roux:
  - a. Heat butter and oil (first ingredient amount) in tilt skillet until melted then add flour.
  - b. Continuously whisk until a blonde roux is achieved being very careful not to overcook.
2. Combine the roux with cold milk and water in a saucepan or skillet.
3. Once the roux and liquid are combined, whisk until thickened and simmering. Hot hold.

Yield- 96/ 1 cup servings

Prep the vegetables:

1. Dice the carrots, celery, and onions.

### PREPARATION

1. In a tilt skillet or kettle, saute carrots, celery, and onions in oil (second ingredient amount) over medium heat.
2. Add tomato paste and stir into vegetables until slightly darkened.
3. Add diced tomatoes and pepper and cook for 10 minutes.
4. Burr mix the vegetables until smooth.
5. Add and stir in the vegetable base.
6. Add in the bechamel sauce and stir in.
7. Reduce heat to low to medium-low.
8. Add in the basil and salt and stir to incorporate into soup.
9. Continue cooking to for an additional 20 minutes to fully develop flavor.

### SERVING

Serving = 1 Cup (8oz) ( 96 servings all together)

## Meal Components (SLE)

Amount Per Serving

<b>Meat</b>	0.000
<b>Grain</b>	0.000
<b>Fruit</b>	0.000
<b>GreenVeg</b>	0.000
<b>RedVeg</b>	1.000
<b>OtherVeg</b>	0.125
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 1.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	12254.81
<b>Fat</b>	1115.70g
<b>SaturatedFat</b>	393.96g
<b>Trans Fat</b>	0.05g
<b>Cholesterol</b>	4.27mg
<b>Sodium</b>	9644.60mg
<b>Carbohydrates</b>	596.73g
<b>Fiber</b>	124.67g
<b>Sugar</b>	135.68g
<b>Protein</b>	60.58g
<b>Vitamin A</b> 6152.07IU	<b>Vitamin C</b> 42.07mg
<b>Calcium</b> 772.42mg	<b>Iron</b> 2.74mg

\*All reporting of TransFat is for information only, and is not used for evaluation purposes

## Nutrition - Per 100g

No 100g Conversion Available