

# Vegetable Soup

<b>Servings:</b>	160.00	<b>Category:</b>	Vegetable
<b>Serving Size:</b>	1.00 Cup	<b>HACCP Process:</b>	Complex Food Prep
<b>Meal Type:</b>	Lunch	<b>Recipe ID:</b>	R-29090
<b>School:</b>	Northwood High School		

## Ingredients

Description	Measurement	DistPart #
ONION DEHY CHPD	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	263036
CELERY STIX	3 Quart	781592
SPICE PEPR BLK REG FINE GRIND	3 Teaspoon	225037
SALT IODIZED	1 Fluid Ounce 1 Tablespoon (3 Tablespoon)	350732
Mixed Vegetables	8 Pound	110871
TOMATO PASTE 26	2/3 #10 CAN	100196
SOUP VEG	3 #10 CAN 7/13 #5 CAN (6 #5 CAN)	101451
Tap Water for Recipes	3 1/2 Gallon	000001WTR
BASE BEEF	1/8 Cup	160800

## Preparation Instructions

Steam mixed vegetables till just tender.

Sauté onion and celery in large soup kettle.

Add salt and pepper

Add mixed vegetables to kettle.

Then add remaining ingredients (canned soup, water, and beef base) and stir well. Heat to 160 degrees.

Dip into soup pans. Keep hot to serve.

## 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>	0.000
<b>OtherVeg</b>	0.500
<b>Legumes</b>	0.000
<b>Starch</b>	0.000

## Nutrition Facts

Servings Per Recipe: 160.00

Serving Size: 1.00 Cup

Amount Per Serving	
<b>Calories</b>	77.60
<b>Fat</b>	0.27g
<b>SaturatedFat</b>	0.00g
<b>Trans Fat</b>	0.00g
<b>Cholesterol</b>	0.00mg
<b>Sodium</b>	1228.99mg
<b>Carbohydrates</b>	15.49g
<b>Fiber</b>	2.50g
<b>Sugar</b>	5.43g
<b>Protein</b>	2.65g
<b>Vitamin A</b> 0.00IU	<b>Vitamin C</b> 0.00mg
<b>Calcium</b> 16.74mg	<b>Iron</b> 0.37mg

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

## Nutrition - Per 100g

No 100g Conversion Available