

Taco Soup (812)

(Taco Soup MC812)

Meat/Meat Alternate-Vegetable

Source: MS Cycles

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef	9 lb.		18 lb.			<ol style="list-style-type: none"> 1. Brown ground beef and drain. Press draining beef to remove excess fat. After draining ground beef, continue cooking. 2. Add onions and cook until soft. 3. Add seasonings, water, crushed tomatoes, salsa, corn, and kidney beans to meat mixture and mix well. (Do not drain vegetables.) 4. Simmer for 15-20 minutes. <p>CCP: Heat product until internal temperature reaches 155°F.</p> <ol style="list-style-type: none"> 5. Transfer to steam table pans. Serve immediately or cover and place in warmer until ready for service. <p>CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</p> <ol style="list-style-type: none"> 6. Serve 1 cup of soup with 8 oz spoodle or 8 oz ladle.
Fresh Onions, Diced	2 lb 4 oz.	1 qt 2 cups.	4 lb 8 oz.	3 qt.		
Taco Seasoning Mix	2 oz.	½ cup.	4 oz.	1 cup.		
Ranch Seasoning Mix	2 oz.	½ cup.	4 oz.	1 cup.		
Water		2 qt 2 cups.		1 gal 1 qt.		
Canned Tomatoes, Crushed	3 lb.	1 No. 10 can	6 lb.	2 No. 10 cans		
Salsa	1 ½ lb.		1 lb.			
Canned Whole-Kernel Corn	4 lb.	½ No. 10 can	8 lb.	1 No. 10 can.		
Canned Kidney Beans	11 lb 6 oz.	2 No. 10 cans	22 lb 12 oz.	4 No. 10 cans		

Serving: 1 cup soup provides 2 oz meat/meat alternate and ½ cup vegetable.

**Yield: 50 servings: about 3 gallons of soup
100 servings: about 6 gallons of soup**

Taco Soup (Continued)

Nutrients Per Serving:

*Denotes Missing Nutrient Values

Calories	240	Iron	2.99	Mg	Protein	19.55	G	Percent ⇒	Protein	32.62%
Cholesterol	48	Mg	54*	Mg	Carbohydrates	22.65	G	Of ⇒	Carbohydrates	37.79%
Sodium	563	Mg	75	RE	Total Fat	8.34	G	Calories ⇒	Total Fat	31.32%
Dietary Fiber	4.56	G	12.5	Mg	Saturated Fat	3.10	G	From ⇒	Saturated Fat	11.65%

Production Notes:

Serving Notes:

Optional: Garnish with ¼ oz shredded cheese.

Soup thickens as it simmers, so best if served within 2 hours of preparation.

Instead of crushed tomatoes and salsa, you can use Ro-tel tomatoes.

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

Vegetable Soup (814)

(Vegetable Soup MC814)

Meat/Meat Alternate-Vegetable

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Oil	2 oz.	1/4 cup.	4 oz.	1/2 cup.		<ol style="list-style-type: none"> 1. Sauté peppers and onions in oil until tender, about 5 minutes. 2. Add tomatoes, beans, corn, mixed vegetables, and salsa. Bring to a boil. 3. Add salt, black pepper, liquid smoke, garlic powder and water to mixture. Bring to a simmer. Reduce temperature. Cover and simmer for 30 minutes. 4. <i>CCP: Heat product to a minimum temperature of 140°F. Pour into deep half-size steam table pans. Portion 1 cup with 8 oz ladle.</i> <p><i>CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</i></p>
Green Peppers, Diced	6 oz.	1 1/3 #10 can	12 oz.	2 2/4 No. 10 cans		
Fresh Onions, Diced		1/2 No. 10 can		1 No. 10 can		
Canned Mixed Vegetables		2 1/2 cups.		5 cups.		
Canned Pinto Beans		1/2 No. 10 can		1 No. 10 can.		
Canned Whole-Kernel Corn		1/2 No. 10 can		1 No. 10 can.		
Salsa		1/2 No. 10 can		1 No. 10 can.		
Canned Tomatoes, Diced		1/2 No. 10 can		1 No. 10 can.		
Canned Tomato Sauce		1/2 No. 10 can		1 No. 10 can.		
Table Salt		1 1/2 Tbsp.		3 Tbsp.		
Black Pepper		1 Tbsp.		2 Tbsp.		
Liquid Smoke	1 oz.	1/2 Tbsp.	2 oz.	1 Tbsp.		
Garlic Powder		1 qt 3/4 cup.		2 qt 1 1/2 cup.		
Water						

Serving: 1 cup of soup provides 1 oz meat/meat alternate and 1/2 cup vegetable.

**Yield: 50 servings: about 3 gallons of soup
100 servings: about 6 gallons of soup**

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs

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Vegetable Soup (Continued)

Nutrients Per Serving:

* Denotes Missing Nutrient Values

Calories	124		Iron	2.19	Mg	Protein	5.95	G	Percent ⇒	Protein	19.11%
Cholesterol	0	Mg	Calcium	59	Mg	Carbohydrates	21.99	G	Or ⇒	Carbohydrates	70.67%
Sodium	796	Mg	Vitamin A	342	RE	Total Fat	2.12	G	Calories ⇒	Total Fat	15.36%
Dietary Fiber	5.70	G	Vitamin C	11.7	Mg	Saturated Fat	0.35	G	From ⇒	Saturated Fat	2.54%

Production Notes:

Other cooked dried beans may be substituted for the kidney beans. Check with the Food Buying Guide to determine amount to substitute for 100 1-ounce servings of meat/meat alternate.

Serving Notes:

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

Vegetable Beef Soup (816)

(Vegetable Beef Soup M/C816)

Meat/Meat Alternate-Vegetable

Source: MS Cycles

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Raw Ground Beef	5 lb.		10 lb.			<ol style="list-style-type: none"> 1. Brown ground beef, green peppers, onions, salt and pepper together and drain. Press draining beef to remove excess fat. After draining ground beef mixture, continue cooking. 2. Combine beef mixture, canned vegetables, salsa, and tomatoes together. (DO NOT DRAIN VEGETABLES.) 3. Cover and simmer 30 minutes. <p>CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process</p> <ol style="list-style-type: none"> 4. Pour into half-size steam table pans (12"X10"X4"). For 50 servings, use 4 steam table pans. For 100 servings, use 8 steam table pans. 5. Portion with 6 oz ladle (3/4 cup). <p>CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</p>
Fresh Green Peppers, Diced	2 oz.	3/8 cup.	4 oz.	1/4 cup.		
Fresh Onions, Diced	6 oz.	1 cup.	12 oz.	2 cups.		
Table Salt		1 Tbsp 1 1/2 tsp		3 Tbsp.		
Black Pepper		1 Tbsp.		2 Tbsp.		
Canned Mixed Vegetables	2 lb 3 oz.	1/2 No. 10 can	4 lb 6 oz.	1 No. 10 can.		
Canned Potatoes, Diced	3 lb 5 oz.	1/2 No. 10 can	6 lb 10 oz.	1 No. 10 can.		
Canned Whole-Kernel Corn	2 lb 3 oz.	1/2 No. 10 can	4 lb 6 oz.	1 No. 10 can.		
Salsa	1 lb 4 oz.	2 1/2 cups.	2 lb 8 oz.	1 qt 1 cup.		
Canned Tomatoes, Diced	3 lb 3 oz.	1/2 No. 10 can	6 lb 6 oz.	1 No. 10 can.		
Canned Tomatoes, Crushed	3 lb 6 oz.	1/2 No. 10 can	6 lb 6 oz.	1 No. 10 can.		

Serving: 3/4 cup (6 oz ladle) provides 1 oz meat/meat alternate and 1/2 cup vegetable.

Yield: 50 servings: 2 3/4 gallons of soup
 100 servings: 5 1/2 gallons of soup

Vegetable Beef Soup (Continued)

Nutrients Per Serving:

* Denotes Missing Nutrient Values

Calories	135	Iron	1.93	Mg	Protein	10.01	G	Percent ⇒	Protein	29.65%
Cholesterol	27	Mg	44	Mg	Carbohydrates	13.50	G	Of ⇒	Carbohydrates	39.99%
Sodium	517	Mg	342	RE	Total Fat	4.68	G	Calories ⇒	Total Fat	31.17%
Dietary Fiber	2.57	G	14.6	Mg	Saturated Fat	1.73	G	From ⇒	Saturated Fat	11.55%

Production Notes:

Serving Notes:

Soup and Sandwich Combo: May serve with any of the following sandwiches: Grilled Cheese Sandwich, Pimento Cheese Sandwich, or Peanut Butter and Jelly Sandwich. $\frac{3}{4}$ cup of soup and 1 sandwich provides 2 oz meat/meat alternate, $\frac{1}{2}$ cup vegetable, and 2 grain/bread. To obtain an accurate nutrient analysis, combine nutrient information from this recipe card and the nutrient information from the sandwich of choice.

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes:

Chicken Noodle Soup (806)

(Chicken Noodle Soup MC806)

Meat/Meat Alternate-Grain/Bread

Source: MS Cycles USDA H-2

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Chicken Stock		3 gal.		6 gal.		<ol style="list-style-type: none"> 1. Combine stock, celery, carrots, onions, parsley flakes, pepper and poultry seasoning. 2. Bring to a boil. Reduce heat and cover. Simmer for 20 minutes. 3. Add noodles and chicken. Return to simmer and cover. 4. Simmer for 10 minutes or until noodles are tender. 5. CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process. 6. Portion into serving pans. <p>CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</p>
Fresh Celery, Chopped.	1 lb 8 oz.	1 qt 1½ cups	3 lb.	2 qt ¾ cups.		
Fresh Carrots, Chopped.	12 oz.	2¼ cups.	1 lb 8 oz.	1 qt ¾ cup.		
Dehydrated Onion Flakes.	1½ oz.	½ cup.	3½ oz.	1 cup.		
Dried Parsley Flakes.		¼ cup.		½ cup.		
Black Pepper.		1 tsp.		2 tsp.		
Poultry Seasoning.	1/8 oz.	1tsp.	¼ oz.	2 tsp.		
Egg Noodle Pasta.	1 lb 4 oz.	3¾ qt.	2 lb 8 oz.	1 gal ¾ qt.		
Chicken, Cooked & Diced.	3 lb 3 oz.	2 qt 2 cups.	6 lb 6 oz.	1 gal 1 qt.		

Serving: 8 oz ladle (1 cup) provides 1 oz meat/meat alternate and ½ grain/bread.

**Yield: 50 servings: about 3 ¼ gallons soup
100 servings: about 6 ½ gallons soup**

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs

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Chicken Noodle Soup (Continued)

Nutrients Per Serving:

* Denotes Missing Nutrient Values

Calories	117	Iron	0.96	Mg	Protein	10.55	G	Percent ⇒	Protein	35.98%
Cholesterol	36	Calcium	17.92	Mg	Carbohydrates	12.40	G	Of ⇒	Carbohydrates	42.31%
Sodium	711	Vitamin A	270	RE	Total Fat	2.96	G	Calories ⇒	Total Fat	22.75%
Dietary Fiber	1.06	Vitamin C	2.72	Mg	Saturated Fat	0.72	G	From ⇒	Saturated Fat	5.52%

Production Notes:

Variation: Chicken or Turkey Rice Soup – Follow Steps 1 and 2. In Step 3, omit noodles. For 50 servings, use 1 lb 6 ½ oz (3¼ cups) rice. For 100 servings, use 2 lb 13 oz (1 qt 2 ½ cups) rice. Simmer for 20 minutes. Continue with Steps 4 and 5.

Serving Notes:

May serve with any of the following sandwiches: Grilled Cheese Sandwich, Pimento Cheese Sandwich, or Peanut Butter and Jelly Sandwich. 1 cup of soup and 1 sandwich provides 2 oz meat/meat alternate and 2 ½ grains/breads. To obtain an accurate nutrient analysis, combine nutrient information on this recipe card and the nutrient information from the sandwich of choice.

Purchasing Guide:

Use commodity products when available.
Turkey may be used in place of chicken.

Miscellaneous Notes:

Loaded Baked Potato Soup (808)

(Loaded Baked Potato Soup MC808)

Source: MS Cycles II

Ingredients	50 Servings		100 Servings		For _____ Servings	Directions
	Weight	Measure	Weight	Measure		
Whole Baking Potatoes.		20 large potatoes.		40 large potatoes.		<p style="text-align: center;">Directions</p> <ol style="list-style-type: none"> 1. Wash potatoes. Bake at 400°F for 1 hour or until done. Cool. Cube potatoes with skin on. CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process. 2. Melt margarine on low heat; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually add milk. Cook over medium heat, stirring until thick and bubbly. 3. Stir in potatoes, salt, pepper, cheese bacon, and green onions. Cook until heated. Do not boil. Stir in sour cream. CCP: Internal temperature of product must register 165°F for 15 seconds at completion of cooking process. 4. Portion 1 cup soup per serving. <p style="text-align: center;">CCP: Hold and maintain product at a minimum temperature of 135°F. Check temperature every 30 minutes. Refrigerate any leftovers. Leftovers should be covered, labeled, and dated.</p>
Margarine.	1 lb 10 oz.		3 lb 5 oz.			
All Purpose Flour.		3 1/3 cups.		1 qt 2 5/8 cups		
Reconstituting Non-Fat Dry Milk.		1 3/4 gal 2 cups		3 3/4 gal.		
Table Salt.		1 tbsp 1 tsp.		2 Tbsp 2 tsp.		
Black Pepper.		2 tsp.		1 Tbsp 1 tsp.		
American Cheese, Sliced.	1 lb 14 oz.		3 lb 12 oz.			
Precooked Sliced Bacon.		60 slices.		120 slices.		
Fresh Green Onions, Sliced		20 onions.		40 onions.		
Non-Dairy Sour Cream.	2 lb 8 oz.		5 lb.			

Serving: 1 cup of soup provides 1/2 oz meat/meat alternate and 1/2 cup vegetable.

**Yield: 50 servings: about 3 gallons of soup
100 servings: about 6 gallons of soup**

Developed by the Mississippi Department of Education, Office of Child Nutrition Programs

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Loaded Baked Potato Soup (Continued)

Nutrients Per Serving:

*Denotes Missing Nutrient Values

Calories	462	Iron	2.06	Mg	Protein	16.27	G	Percent ⇒	Protein	14.08%
Cholesterol	29	Mg	342	Mg	Carbohydrates	41.74	G	Of ⇒	Carbohydrates	36.14%
Sodium	557*	Mg	176	RE	Total Fat	25.80	G	Calories ⇒	Total Fat	50.25%
Dietary Fiber	3.03	G	13.7	Mg	Saturated Fat	11.22	G	From ⇒	Saturated Fat	21.86%

Production Notes:

Canned whole potatoes may be used when baked.

Soup provides only ½ oz meat/meat alternate and should be served with a 2 oz sandwich.

Serving Notes:

Purchasing Guide:

Use commodity products when available

Miscellaneous Notes: