



Recipe Name: Pittsylvania White Bean Soup

File No:



Recipe Adapted From:

Healthy School Recipes

Grade Group (s): K-8, 9-12	HACCP Process <input type="checkbox"/> #1 No Cook <input type="checkbox"/> #2 Cook & Serve Same Day <input type="checkbox"/> #3 Includes Cooling Step
Number of Portions: 50	
Portion Size: 1 cup	
Serving Utensil:	
Servings per Pan:	

Ingredients	Weight	Measure
Oil, Olive		¼ cup
Onions, Raw, Chopped	5 lbs	
Celery, Raw, Chopped	5 lbs	
Carrots, Raw, Chopped	5 lbs	
Broth, Vegetable, Low-Sodium		2 gallon
Beans, Great Northern, Canned, Drained, Rinsed, USDA #100373		3¼ #10 cans
Garlic Powder		2 tsp
Pepper, Black, Ground		1 tsp
Oregano, Dried, Ground		2 Tbsp
Parsley, Fresh, Chopped		¼ cup

Procedure
1. Heat oil in steam-jacket kettle. 2. Add onions, celery, and carrots. 3. Cook until tender, about 10 minutes. 4. Add broth, beans, garlic powder, pepper, oregano, and parsley. 5. Reduce heat and simmer for 20 minutes. CCP: Heat to 140°F or higher for at least 15 seconds. CCP: Hot hold at 135°F or higher for service.

Meal Component Contribution		
Meat/Meat Alternate: 2 oz eq		
Vegetable Subgroups		
DG	RO	BPL
	1/8 cup	
S	O	A
	3/8 cup	
Fruit:		
Grains:		
Based on USDA Food Buying Guide-RAW		

Total Yield
Weight:
Number of Pans:
Pan size:
Volume:
Nutritional Analysis Based on Portion Size
Calories: 198 kcal
Saturated Fats (g): 0.35 g
Sodium (mg): 534.94 mg
Calculated with Nutrikids

Equipment (if not specified in procedures above):

DG - dark green RO - red orange BPL - bean, peas, legumes
S - starchy O - other A - additional