



## Bean Soup

This Bean Soup is sure to be a frequent request! Protein packed and flavorful with beans, tomatoes, onions, and smoky spices.

### CACFP Adult Portion Crediting Information

**Legume as Meat Alternate:** 1 cup (8 fl oz ladle) provides ½ cup vegetable (⅛ cup additional vegetable, ¼ cup red/orange vegetable, ⅛ cup other vegetable), and 1.5 oz equivalent meat alternate.

OR

**Legume as Vegetable:** 1 cup (8 fl oz spoodle) provides ⅞ cup vegetable (⅛ cup additional vegetable, ⅜ cup legume vegetable, ¼ cup red/orange vegetable, and ⅛ cup other vegetable).

Canola oil		2 Tbsp 1 ½ tsp		¼ cup 1 Tbsp	<b>1</b> Heat oil in a large stock pot.  <b>2</b> Add onions, garlic, bell peppers, green chilies, sugar, black pepper, oregano, and Old Bay seasoning. Simmer uncovered over medium-high heat for 2 minutes, stirring occasionally.
*Fresh onions, diced	1 lb	3 cups	2 lb	1 qt 2 cups	
Garlic, minced	5 ⅓ oz	½ cup	10 ⅔ oz	1 cup	
*Fresh red bell peppers	1 lb	3 cups	2 lb	1 qt 2 cups	
Canned green chilies	1 lb	2 cups	2 lb	1 qt	

Sugar		2 ½ tsp		1 Tbsp 2 tsp	
Ground black pepper		½ tsp		1 tsp	
Dried oregano		2 ½ tsp		1 Tbsp 2 tsp	
Old Bay seasoning (See Notes Section)		2 Tbsp 1 ½ tsp		¼ cup 1 Tbsp	
Low-sodium vegetable broth		3 cups		1 qt 2 cups	<p><b>3</b> Add vegetable broth, water, tomatoes, and about 2 lb 8 oz (1 qt 2 cups) beans. Bring to a boil. Reduce heat to medium. Simmer uncovered for 10-12 minutes. Set aside remaining 2 lb 8 oz of beans for step 5.</p>
					<p><b>4</b> Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
Water		1 qt 3 cups		3 qt 2 cups	
Canned no-salt-added diced tomatoes, undrained	2 lb 10 oz	1 qt 1 cup (approx. ¼ No. 10 can)	5 lb 4 oz	2 qt 2 cups (approx. ½ No. 10 can)	
Canned low-sodium great northern beans, drained, rinsed OR *Dry great northern beans, cooked (See Notes Section)	5 lb OR 5 lb	3 qt 2 ½ cups (approx. 1 No. 10 can) OR 3 qt 2 ½ cups	10 lb OR 10 lb	1 gal 3 qt 1 cup (approx. 2 No. 10 cans) OR 1 gal 3 qt 1 cup	
					<p><b>5</b> In a large deep bowl, puree remaining beans with a bermixer (high-speed blender) and 1 cup of the simmering broth for 4-5 minutes. The resulting mixture should have a smooth consistency.</p>

					<p><b>6</b> Add about 3 lb 5 oz (1 qt 2 cup) pureed beans to soup mixture. Stir well and simmer on low heat for 45 minutes until soup has a thicker consistency.</p>
					<p><b>7</b> Pour about 12 lb 13 oz (1 gal 2 qt 1 cup) soup into a half deep steam table pan (12 ¾" x 10 ½" x 6"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p><b>8</b> Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p><b>9</b> Serve 1 cup (portion with 8 fl oz ladle).</p>

**NUTRITION INFORMATION**

For 1 cup (8 oz ladle)

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>328</b>
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<b>Total Fat</b>	<b>3 g</b>
Saturated Fat	0.5 g
Cholesterol	0 mg
<b>Sodium</b>	<b>223 mg</b>
<b>Total Carbohydrate</b>	<b>54 g</b>
Dietary Fiber	18 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>19 g</b>
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Vitamin A	35 mcg RAE
Vitamin C	53 mg
Vitamin D	0 IU
Calcium	167 mg
Iron	5 mg
Potassium	1081 mg
N/A = data not available	

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
*Fresh onions	1 lb 2 oz	2 lb 4 oz
*Fresh red bell peppers	1 lb 4 oz	2 lb 8 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

**\*Use the 30% reduced sodium version of Old Bay Seasoning to further reduce the sodium in the recipe.**

Cooking Process #2: Same Day Service.

**How to Cook Dry Beans**

Special tip for preparing dry beans:

**SOAKING BEANS**

**OVERNIGHT METHOD:** Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

**QUICK-SOAK METHOD:** Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

**COOKING BEANS**

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately. Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry Great Northern beans = about 2 ½ cups dry or 5 ¼ cups cooked beans.

YIELD/VOLUME	
About 12 lb 13 oz	About 25 lb 10 oz
About 1 gal 2 qt 1 cup	About 3 gal 2 cups

**SOURCE:**

CACFP Adult Portion Recipe Project