

Bean Soup

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

CACFP Home Childcare Crediting Information

Legume as Meat Alternate: 1 cup (1 cup measuring cup or 8 fl oz ladle) provides $\frac{1}{4}$ cup vegetable ($\frac{1}{8}$ cup additional vegetable, $\frac{1}{8}$ cup red/orange vegetable), and 1.25 oz equivalent meat alternate.

OR

Legume as Vegetable: 1 cup (1 cup measuring cup or 8 fl oz ladle) provides: $\frac{5}{8}$ cup vegetable ($\frac{1}{4}$ cup additional vegetable, $\frac{1}{4}$ cup legume vegetable, $\frac{1}{8}$ cup red/orange vegetable).



Preparation Time: 20 minutes

Cooking Time: 60 minutes

Makes: 6 servings

Ingredients

- 2 tsp Canola oil
- $\frac{1}{2}$ cup or 2 $\frac{1}{2}$ oz Fresh onions
- 2 Tbsp or 1 $\frac{1}{2}$ oz Fresh garlic, minced
- $\frac{1}{2}$ cup or 2 $\frac{1}{2}$ oz Fresh red bell peppers
- $\frac{1}{4}$ cup or 2 $\frac{1}{2}$ oz Green chilies
- 1 tsp Sugar
- $\frac{1}{8}$ tsp Ground black pepper
- 1 tsp Oregano
- 2 tsp Old Bay seasoning (See Notes Section)
- $\frac{3}{4}$ cup or 6 oz Low-sodium vegetable broth
- 1 $\frac{1}{2}$ cups Water
- 1 cup or 7 oz Canned no salt added diced tomatoes, undrained
- 2 $\frac{3}{4}$ cups or 1 lb Canned low sodium great northern beans, drained, rinsed

OR

- 2 $\frac{3}{4}$ cups or 1 lb Dry great northern beans, cooked

Directions

- 1 Heat oil in a large saucepan over medium high heat.
- 2 Add onions, garlic, bell peppers, green chilies, sugar, black pepper, oregano, and Old Bay seasoning. Sauté uncovered over medium-high heat for 2 minutes, stirring occasionally.
- 3 Add vegetable broth, water, tomatoes, and 1 cup beans. Bring to a boil. Reduce heat to medium. Simmer uncovered for 8 minutes. Set aside for step 6.
- 4 **Critical Control Point:** Heat to 140 °F or higher for at least 15 seconds.
- 5 Puree remaining beans in a high-speed blender on high for 2-3 minutes until mixture has a smooth consistency. Set aside for step 6.
- 6 Add about 1 cup pureed beans to soup mixture. Stir well and simmer over low heat for 10 to 15 minutes until soup has a thicker consistency.
- 7 Pour soup into large serving bowl.
- 8 **Critical Control Point:** Hold at 140 °F or higher until served.
- 9 Serve 1 cup (portion with 1 cup measuring cup or 8 fl oz ladle).

Notes Section:

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 peas have been soaked, add 1 $\frac{3}{4}$ 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 black-eyed peas = about 2 $\frac{1}{4}$ cups dry or 4 $\frac{1}{2}$ cups cooked beans.

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

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 280, Protein 16 g, Carbohydrates 45 g, Dietary Fiber 15 g, Total Sugars 3 g, Total Fat 3 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 242 mg, Vitamin A 23 mcg RAE, Vitamin C 35 mg, Vitamin D 0 IU, Calcium 141 mg, Iron 4 mg, Potassium 871 mg