



Chicken or Turkey and Rice Soup

Chicken or Turkey and Rice Soup is a hearty dish filled with chunks of chicken, brown rice, celery and onions in a savory broth that warms your soul.

CACFP Adult Portion Crediting Information

1 cup (8 fl oz ladle) soup and ½ cup chicken provides ⅔ cup vegetable (⅓ cup red/orange vegetable, ¼ cup other vegetable), 2 oz equivalent meat, and 0.5 oz equivalent grains.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS Recommend to prepare and cook in batches of 25 servings
	Weight	Measure	Weight	Measure	
Old Bay seasoning		2 tsp		1 Tbsp 1 tsp	1 Preheat oven: Conventional oven: 350 °F. Convection oven: 325 °F. 2 In a medium stock pot, add Old Bay seasoning, onion powder, garlic powder, poultry seasoning, brown rice, water, and chicken base. Cook uncovered over medium-high heat. Bring to a boil. 3 Simmer uncovered over medium heat for 10-15 minutes or until rice is completely cooked. Remove about 12 oz (2 cup 1 Tbsp) drained rice. Set rice aside for step 6.
Onion powder		½ tsp		1 tsp	
Garlic powder		½ tsp		1 tsp	
Poultry seasoning		1 ½ tsp		1 Tbsp	
Brown rice, long-grain, regular, dry, parboiled	15 oz	2 cups	1 lb 14 oz	1 qt	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 gal 1 qt 1 cup		2 gal 2 qt 2 cups	
Low-sodium chicken base		3 Tbsp		¼ cup 2 Tbsp	
*Fresh celery, chopped	8 oz	2 cups	1 lb	1 qt	4 Add celery, carrots, onions, mushrooms, parsley, pepper, and basil to rice mixture. Cook uncovered for 10-15 minutes or until soft.
Frozen carrots, sliced, thawed	1 lb	1 qt 1 cup	2 lb	2 qt 2 cups	
*Fresh onions, chopped	15 oz	3 ¼ cups	1 lb 14 oz	1 qt 2 ½ cups	
*Fresh mushrooms, sliced	15 oz	1 qt ¾ cup	1 lb 14 oz	2 qt 1 ½ cups	
Dried parsley		2 Tbsp		¼ cup	
Ground black or white pepper		1 ½ tsp		1 Tbsp	
Dried basil		1 ½ tsp		1 Tbsp	
					5 Puree ingredients in stock pot with a bermixer (immersion blender) for 3-5 minutes until mixture has a smooth consistency.
					6 Fold in remaining rice.
					7 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					8 Pour about 11 lb 6 oz (1 gal 1 qt 1 cup) soup into a deep steam table pan (12 ¾" x 10 ½" x 6"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					9 Critical Control Point: Hold for hot service at 140 °F or higher.
					10 Set soup aside for step 17.
Frozen, cooked diced chicken or turkey, thawed ½” pieces	3 lb 4 oz	2 qt 3 cups	6 lb 8 oz	1 gal 1 qt 2 cups	11 Transfer about 3 lb 4 oz (2 qt 3 cups) chicken onto a steam table pan (12” x 20” x 2 ½”) lightly coated with pan release spray. For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					12 Bake: Conventional oven: 350 °F for 3-5 minutes. Convection oven: 325 °F for 2-3 minutes.
					13 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					14 Place 25 individual soufflé cups on a sheet pan (18” x 26” x 1”). For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					15 Place about 2 oz (½ cup) cooked chicken into each soufflé cup.
					16 Critical Control Point: Hold for hot service at 140 °F or higher.
					17 Serve 1 soufflé cup chicken and 1 cup soup (portion soup with 8 fl oz ladle).



NUTRITION INFORMATION

For 1 cup (8 fl oz) soup and ½ cup chicken

NUTRIENTS	AMOUNT
Calories	166
Total Fat	3 g
Saturated Fat	1 g
Cholesterol	45 mg
Sodium	206 mg
Total Carbohydrate	20 g
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	19 g
Vitamin A	148 mcg RAE
Vitamin C	3 mg
Vitamin D	4 IU
Calcium	47 mg
Iron	2 mg
Potassium	409 mg
N/A=no data available.	

SOURCE:

CACFP Adult Portion Recipe Project

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh celery	10 oz	1 lb 4 oz
Fresh onions	1 lb 1 oz	2 lb 2 oz
Fresh mushroom	1 lb	2 lb

NOTES

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

Cooking Process #2: Same Day Service.

YIELD/VOLUME

25 Servings	50 Servings
About 11 lb 6 oz About 25 souffle cups/1 sheet pan (18" x 26" x 1").	About 22 lb 12 oz About 50 souffle cups/2 sheet pans (18" x 26" x 1").
About 1 gal 1 qt 1 cup	About 2 gal 2 qt 2 cups

