



Great Garden Soup

This soup is reminiscent of chili. It is a traditional Native American stew consisting of squash, corn, and beans, crops known as the Three Sisters because of the Native American tradition of planting them together in the garden. This practice was good for the soil and yielded healthy vegetables.

CACFP CREDITING INFORMATION

$\frac{2}{3}$ cup (No. 6 scoop) provides Legume as Meat Alternate: 1 $\frac{1}{2}$ oz equivalent meat/meat alternate and $\frac{1}{4}$ cup vegetable OR Legume as Vegetable: $\frac{1}{4}$ oz meat and $\frac{1}{2}$ cup vegetable.

SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Nonstick cooking spray		1 spray		2 sprays	1 Coat a large skillet with nonstick cooking spray. Heat the skillet on medium–high heat.
Ground beef, at least 90% lean, raw, fresh or frozen	1 lb		2 lb		2 Add ground beef and cook until browned, about 12–15 minutes. Drain. Critical Control Point: Heat 165 °F or higher for at least 15 seconds.
*Onion, fresh, peeled, $\frac{1}{4}$ " diced	12 $\frac{1}{2}$ oz	2 $\frac{1}{2}$ cup	1 lb 9 oz	5 cup	3 If cooking on stove top, add to a large stockpot: browned beef, onions, garlic, jalapeno peppers, butternut squash, green beans, corn, and thyme.
*Garlic, fresh, minced		8 cloves or 1 Tbsp 1 tsp		16 cloves or 2 Tbsp 2 tsp	

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*Jalapeno pepper, seeds and veins removed, minced		¼ cup		½ cup	4 Cook for 4–6 minutes on medium–high heat, stirring occasionally, until onions and pepper are tender.
*Butternut squash, ½" cubed	12½ oz	2½ cup	1 lb 9 oz	5 cup	
*Green beans, fresh, cut into ½" pieces	4 oz	1 cup	8 oz	2 cup	
Corn kernels, frozen	4 oz	¾ cup	8 oz	1½ cup	
Thyme leaves, dried		¼ cup		½ cup	5 Add summer squash, zucchini, kidney beans, tomato sauce, diced tomatoes with juice, and water. Stir well. Bring to a boil uncovered.
*Summer squash, unpeeled, ½" diced	4 oz	1 cup	8 oz	2 cup	
*Zucchini, unpeeled, ½" diced	4 oz	1 cup	8 oz	2 cup	
*Kidney beans, low-sodium, canned, rinsed, drained or kidney beans, dry, cooked	2 lb 14 oz	1 qt 2⅔ cup (⅝ No. 10 can)	5 lb 12 oz	3 qt 1⅓ cup (1¼ No. 10 can)	
Tomato sauce, canned	12½ oz	1⅜ cup 1 Tbsp (⅙ No. 10 can)	1 lb 9 oz	2¾ cup 3 Tbsp (¼ No. 10 can)	
Tomatoes, canned, diced with juice	12½ oz	1½ cup (⅙ No. 10 can)	1 lb 9 oz	3 cup (¼ No. 10 can)	



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 cup		2 cup	<p>6 Reduce heat to medium and simmer uncovered for an additional 20 minutes, or until vegetables are tender. Stir often.</p> <p>Critical Control Point: Heat to 140 °F or higher for 15 seconds.</p>
					<p>7 Serve $\frac{2}{3}$ cup (No. 6 scoop).</p> <p>Critical Control Point: Hold at 140 °F or higher.</p>



NUTRITION INFORMATION

For 2/3 cup (No. 6 scoop).

NUTRIENTS	AMOUNT
Calories	120
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Total Fat	2 g
Saturated Fat	1 g
Cholesterol	12 mg
Sodium	215 mg
Total Carbohydrate	16 g
Dietary Fiber	5 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	9 g
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Vitamin D	N/A
Calcium	3 mg
Iron	2 mg
Potassium	N/A

N/A=data not available.

YIELD/VOLUME	
25 Servings	50 Servings
7½ lb	15 lb
1 Stockpot (1 gal ½ cup)	1 Stockpot (2 gal ½ cup)

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onion	14½ oz	1 lb 12½ oz
Jalapeno pepper	2 peppers	4 peppers
Butternut squash	15 oz	1 lb 14 oz
Green beans	4 oz	8 oz
Summer squash	4½ oz	8½ oz
Zucchini	4½ oz	8½ oz
Kidney beans, dry	1 lb 8 oz	3 lb
Garlic	8 cloves	16 cloves

NOTES

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

Chef Tips

For optimal browning and taste: 1. Do not rinse ground beef. 2. Do not crowd ground beef. Crowding may cause the juices to pool around the meat. Pooling causes the juices to steam the beef rather than brown it, making it less flavorful.

Variations

If ground beef is frozen, defrost in the refrigerator for 1 day per 1–5 pounds. Store raw beef at 40 °F or lower.

Tips for Preparing Dry Beans

1 lb. dry kidney beans = about 2½ cups dry or 6¼ cups cooked kidney beans.
 Overnight Method: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.
 Quick-Soak Method: Boil 1¾ 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.

Tips for Cooking Dry Beans

Once the beans have been soaked, add 1¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

Critical Control Point

Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

