

STANDARDIZED RECIPE FORM

RECIPE NUMBER: WB-10 RECIPE TITLE: PIRATES OF THE CARROT-BEAN SOUP YIELD: 2 GAL+1QT+1C (# OF PANS/GALLONS/LOAVES, ETC.)

PORTION SIZE: 6 OZ PORTIONS PER RECIPE: 50 TEMPERATURE: STANDARD OVEN: _____

EQUIPMENT NEEDED: _____ TEMPERATURE: CONVECTION OVEN: _____

_____ TEMPERATURE: RANGE TOP/BURNER: _____

INGREDIENTS	100 SERVINGS		FOR _____ SERVINGS		DIRECTIONS
	WEIGHT	MEASURE	WEIGHT	MEASURE	
Onions, chopped Oil, vegetable				2 ½ qts ½ c	Saute onion in oil for 5 minutes Add carrots, pepper, coriander and garlic, cover and cook for 5 more minutes.
Carrots, chopped Pepper, black Coriander, ground Garlic, minced				1 ½ qts 1 tsp 1 TBS 3 TBS	
Potatoes, chopped Stock				2 qts 5 qts + 1 c	Add potatoes and stock, cover and bring to a boil. Lower heat to simmer and cook until potatoes are just tender.
Tomatoes, chopped Chickpeas, drained Lemon Juice Parsley, chopped				1 qt + 3 c 5 c ½ c ½ c	Stir in tomatoes and chickpeas, lemon juice and parsley and stir gently to mix. Heat through on low heat only. Hold between 140 and 160 degrees until served.

NUTRITIONAL ANALYSIS (OPTIONAL)

CONTRIBUTION TO MEAL PATTERN:

*CALORIES	PROTEIN	CARBO-HYDRATE	FIBER	FAT	*SATURATE D FAT	*TRANS FAT	CHOLESTEROL	*SODIUM	IRON	CALCIUM	VITAMIN A	VITAMIN C

MEAT/MEAT ALTERNATE _____ MM/A OZ EQ.
 FRUIT _____ FRUIT CUPS
 VEGETABLE _____ TOTAL VEGETABLE CUPS
 VEGETABLE SUB-GROUPS C=CUPS
 DG _____ C STARCHY _____ C
 R/O _____ C OTHER 1/2 _____ C
 B/P _____ C ADDITIONAL _____ C
 GRAIN _____ GRAIN OZ EQ.

*Required when Nutrient Analysis Report is requested