

Lentil & Beet Soup (#71)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

3 lbs (6 $\frac{3}{4}$ cups) lentils, uncooked
7 $\frac{1}{2}$ beets
5 carrots, chopped
5 celery stalks, chopped
2 $\frac{1}{2}$ onions, chopped
35 oz canned crushed tomatoes, low sodium
1 $\frac{1}{2}$ lemons
4 Tbsp vegetable oil
3 bay leaves, dried
1 tsp ground black pepper
1 stem parsley, chopped
24 cups water

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories		250	Calories from Fat 28
		% Daily Value	
Total Fat	3 g		5%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	98 mg		6%
Total Carbohydrate	42 g		33%
Dietary Fiber	20 g		69%
Sugars	5 g		
Protein	16 g		
Vitamin A	273%	Calcium	7%
Vitamin C	16%	Iron	67%

Directions

1. Heat vegetable oil in a large pot over medium-high heat. Add chopped onion, carrots, celery, beets and cook, stirring frequently, for 5-7 minutes.
2. Add the crushed tomatoes and lentils, and season with ground black pepper. Cook for an additional 5 minutes, stirring frequently.
3. Add water and bay leaves. Bring to a boil, reduce heat to medium-low, and cook for 45-50 minutes. Stir every 10 minutes, and check level of liquid. If liquid is low and soup is too thick, add more water, 1 cup at a time.
4. Check beets for tenderness-when they are fully cooked, remove soup from flame. Before serving, remove and discard bay leaves, and if desired, stir in parsley and squeezed lemon juice. Adjust seasonings, and serve hot.

Recommendations & Requirements

Recommendations

- 🍎 If extra liquid is required while cooking, add small amounts of water.
- 🍎 This recipe uses canned crushed tomatoes that contain 290 mg of sodium per serving. Using canned crushed tomatoes that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned crushed tomatoes should contain \leq 290 mg of sodium per serving.

Note: This recipe may count towards the appetizer component of the menu and is a good source of protein and a high source of fiber.



Minestrone Soup (#146)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

1 cup macaroni, uncooked
1 lb cabbage, shredded
1 ½ cups carrots, grated
1 15 oz canned kidney beans, low sodium
2 cups green peas, frozen
3 cups canned tomato puree, low sodium
¼ cup vegetable oil
2 garlic cloves, minced
1/3 cup parsley, chopped
3 ½ quarts water

Directions

1. Bring water to a boil, add kidney beans and simmer for 2 hours.
2. Add vegetables after 1 hour.
3. Add macaroni, vegetable oil, parsley and garlic during the last half hour of cooking and continue to simmer until macaroni is done.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	76	Calories from Fat	22
		% Daily Value	
Total Fat	2 g		4%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	49 mg		3%
Total Carbohydrate	12 g		9%
Dietary Fiber	3 g		10%
Sugars	3 g		
Protein	3 g		
Vitamin A	175%	Calcium	3%
Vitamin C	15%	Iron	14%

Recommendations & Requirements

Recommendations

- 🍎 To increase fiber content use whole wheat macaroni.
- 🍎 This recipe uses canned kidney beans that contain 130 mg of sodium per serving. Using canned kidney beans that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet nutritional guidelines.
- 🍎 This recipe uses canned tomato puree that contains 70 mg of sodium per serving. Using canned tomato puree that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet nutritional guidelines.

Requirements

- 🍎 Canned tomato puree should contain ≤ 290 mg of sodium per serving.
- 🍎 Canned beans should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the appetizer component of the menu and is a good source of fiber.



Chicken-Barley Soup (#147)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

6.5 lb chicken breast, boneless, skin removed OR 9 lb chicken breast, bone-in, skin removed
2 1/3 cups pearly barley, uncooked
1 onion, chopped
1/2 cup sofrito (DFTA #40)
3 Tbsp vegetable oil, divided
2 bay leaves
2 Tbsp ground black pepper
4 garlic cloves, minced
1 1/2 tsp dried thyme leaves
5 quarts water

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	260	Calories from Fat	64
			% Daily Value
Total Fat	7 g		11%
Saturated Fat	2 g		8%
Trans Fat	0 g		
Cholesterol	75 mg		25%
Sodium	145 mg		9%
Total Carbohydrate	19 g		14%
Dietary Fiber	4 g		14%
Sugars	0 g		
Protein	30 g		
Vitamin A	236%	Calcium	3%
Vitamin C	4%	Iron	21%

Directions

1. Heat a large stockpot over medium heat and add 1 tablespoon vegetable oil. Season the chicken breasts with ground black pepper. Add 1/3 of the chicken to the stockpot and brown it on both sides. Remove the chicken from the pan. Add one more tablespoon of vegetable oil to the pan and repeat the process with the rest of the chicken. Remove chicken from pan.
2. Add remaining vegetable oil to the stockpot along with the onion and sofrito. Sauté for 5 minutes. Add garlic and cook for 30 seconds. Add barley, thyme and bay leaves.
3. Return the chicken to the pot with the vegetables and add 5 quarts of water.
4. Bring to a boil, reduce heat and simmer for 45-60 minutes or until barley is tender. Remove the chicken breast from the soup and cut or shred them into bite-size pieces.
5. To serve the soup: Ladle soup into individual bowls.

Recommendations & Requirements

Note: This recipe may count towards the entrée component of the menu and is a good source of protein



Chicken Noodle Soup (#148)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

1 lb chicken breast-raw, bone & skin removed, diced
0.5 lb egg noodles, cooked
¾ cup carrot, chopped
¾ cup celery, chopped
¾ cup onion, chopped
1 ½ gallons chicken broth, low sodium
½ cup vegetable oil
1/3 cup all purpose flour
2/3 cup water (warm)

Directions

1. Sauté onions, celery and carrots in vegetable oil over medium heat and cook until tender.
2. Add chicken broth and bring to a boil.
3. Add egg noodles. Cook for about 15 minutes or until noodles are done.
4. Blend warm water and all purpose flour and add to soup, stirring until slightly thickened.
5. Add diced chicken and simmer for 5 minutes.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	117	Calories from Fat	57
		% Daily Value	
Total Fat	6 g		10%
Saturated Fat	1 g		5%
Trans Fat	0 g		
Cholesterol	13 mg		4%
Sodium	85 mg		5%
Total Carbohydrate	7 g		5%
Dietary Fiber	1 g		1%
Sugars	1 g		
Protein	9 g		
Vitamin A	70%	Calcium	1%
Vitamin C	1%	Iron	10%

Recommendations & Requirements

Note: This recipe may count towards the appetizer component of the menu.



Cream of Spinach Soup (#149)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

2.5 lbs spinach, chopped
1 lb onions, chopped
2 ½ cups cheddar cheese, low fat, shredded
2 ½ quarts milk, low fat, 1%
2 ½ quarts vegetable broth, low fat
¾ cup vegetable oil
¾ cup all purpose flour
1 Tbsp ground black pepper
6 garlic cloves, minced
4 Tbsp original blend seasoning

Directions

1. In a large stockpot, sauté onions and garlic in vegetable oil until tender.
2. Add all purpose flour and mix continuously for 1 minute with onion/garlic mixture coated.
3. Add broccoli or spinach (chopped), vegetable broth, and spices in soup pot and bring to a boil. Reduce heat and simmer for 10 minutes.
4. Slowly add milk to soup and cool over very low heat for 20 minutes or until thickened.
5. Remove from heat and add cheese, stirring until melted.

Recommendations & Requirements

Note: This recipe may count towards the appetizer component of the menu.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	161	Calories from Fat	77
			% Daily Value
Total Fat	9 g		14%
Saturated Fat	2 g		9%
Trans Fat	0 g		
Cholesterol	8 mg		3%
Sodium	288 mg		18%
Total Carbohydrate	14 g		10%
Dietary Fiber	2 g		5%
Sugars	7 g		
Protein	9 g		
Vitamin A	489%	Calcium	20%
Vitamin C	6%	Iron	22%



Cream of Broccoli Soup (#149-B)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

2.5 lbs broccoli chopped
1 lb onions, chopped
2 ½ cups cheddar cheese, low fat, shredded
2 ½ quarts milk, low fat, 1%
2 ½ quarts vegetable broth, low fat
¾ cup vegetable oil
¾ cup all purpose flour
1 Tbsp ground black pepper
6 garlic cloves, minced
4 Tbsp original blend seasoning

Directions

1. In a large stockpot, sauté onions and garlic in vegetable oil until tender.
2. Add all purpose flour and mix continuously for 1 minute with onion/garlic mixture coated.
3. Add broccoli, vegetable broth, and spices in soup pot and bring to a boil. Reduce heat and simmer for 10 minutes.
4. Slowly add milk to soup and cool over very low heat for 20 minutes or until thickened.
5. Remove from heat and add cheese, stirring until melted.

Recommendations & Requirements

Note: This recipe may count towards the appetizer component of the menu.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	176	Calories from Fat	79
			% Daily Value
Total Fat	9 g		14%
Saturated Fat	2 g		9%
Trans Fat	0 g		
Cholesterol	8 mg		3%
Sodium	304 mg		19%
Total Carbohydrate	17 g		13%
Dietary Fiber	3 g		10%
Sugars	7 g		
Protein	9 g		
Vitamin A	618%	Calcium	22%
Vitamin C	34%	Iron	27%



Lentil Soup (#150)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

1.75 lbs lentil beans, dry
1 cup carrots, sliced
1 cup celery, sliced
1 cup onions, sliced
1 cup chicken broth, low sodium
½ tsp ground black pepper
1-1 ½ gallons water

Directions

1. Add lentil beans and sliced vegetables to boiling water.
2. Cook 2-2 ½ hours until lentil beans are tender.
3. Add chicken broth during last ½ hour of cooking.
4. Add ground black pepper to taste.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	119	Calories from Fat	4
		% Daily Value	
Total Fat	0 g		1%
Saturated Fat	0 g		0%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	19 mg		1%
Total Carbohydrate	20 g		16%
Dietary Fiber	10 g		36%
Sugars	1 g		
Protein	9 g		
Vitamin A	94%	Calcium	2%
Vitamin C	3%	Iron	30%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the appetizer component of the menu and is a high source of fiber.



Squash Soup with Mushrooms (#180)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

3.5 lb squash
1 cup calabaza squash
1 cup celery, chopped
5 lbs mushrooms
½ cup chicken broth, low sodium
½ cup canned tomato paste, low sodium
¼ cup canned tomato sauce, low sodium
2 Tbsp cornstarch
2 Tbsp garlic powder
1 Tbsp onion powder
1 oz roasted red pepper
¼ cup sofrito (DFTA #40)
Water

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	53	Calories from Fat	6
		% Daily Value	
Total Fat	1 g		1%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	23 mg		1%
Total Carbohydrate	10 g		8%
Dietary Fiber	3 g		9%
Sugars	4 g		
Protein	4 g		
Vitamin A	43%	Calcium	3%
Vitamin C	10%	Iron	12%

Directions

1. Fill a large pot half way with water and bring to a boil.
2. Add squash, tomato paste, tomato sauce, mushrooms, celery, sofrito, roasted red pepper, chicken broth, garlic powder and onion powder.
3. Boil on medium heat, until soup thickens.
4. In a different pot boil calabaza squash. When squash is soft, use a little of the water to mash. Add to soup.
5. In a small bowl, mix corn starch and cold water. Add to soup to thicken.
6. When soup has thickened, lower heat and serve.

Recommendations & Requirements

Recommendations

- 🍎 This recipe uses canned tomato products that range from 16-20 mg of sodium per serving. Using canned tomato products that contain higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned tomato products should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the appetizer component of the menu and is a good source of fiber.



Split Pea Soup (#184)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

3.5 lbs peas
1 lb calabaza squash
23 oz chicken broth, low sodium
2 cups canned tomato sauce, low sodium
2 Tbsp vegetable oil
2 garlic cloves, minced
1 Tbsp mint leaves
1 Tbsp ginger root
¼ cup sofrito (DFTA #40)
20 quarts water

Directions

1. In a large pot add peas, sofrito, chicken broth, mint, ginger root, vegetable oil, garlic and water. Cook for 2 hours.
2. Add calabaza, tomato sauce and cook for an additional 30 minutes.
3. When soup has thickened, lower heat and serve.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	105	Calories from Fat	14
			% Daily Value
Total Fat	2 g		3%
Saturated Fat	1 g		1%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	39 mg		2%
Total Carbohydrate	18 g		14%
Dietary Fiber	6 g		22%
Sugars	3 g		
Protein	6 g		
Vitamin A	41%	Calcium	3%
Vitamin C	4%	Iron	13%

Recommendations & Requirements

Recommendations

- 🍎 This recipe uses canned tomato sauce that contains 20 mg of sodium per serving. Using canned tomato sauce that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.
- 🍎 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Requirements

- 🍎 Canned tomato sauce should contain ≤ 290 mg of sodium per serving.

Note: This recipe may count towards the appetizer component of the menu and is a high source of fiber.



Tomato Rice Soup (#247)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

1 lb white rice, uncooked
4 onions, chopped
12 large tomatoes, chopped
3 quarts chicken broth, low sodium
8 oz trans fat free margarine
1 cup vegetable oil
cilantro, chopped (optional garnish)
Ground black pepper to taste
8 garlic cloves, minced

Directions

1. Peel and chop tomatoes, garlic, and onions.
2. Heat vegetable oil and trans fat free margarine in a large saucepan over moderate heat. Add the onion and garlic and cook for 5 minutes, until soft but not brown.
3. Add the tomatoes, cover and simmer for 15 minutes.
4. Add the chicken broth and bring to a boil.
5. Stir in the rice and ground black pepper and cover.
6. Reduce heat to a simmer and cook covered until the rice is done (about 20 minutes).
7. Fluff with a fork and garnish with chopped cilantro if desired.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	226	Calories from Fat 136	
		% Daily Value	
Total Fat	15 g		24%
Saturated Fat	2 g		10%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	94 g		6%
Total Carbohydrate	20 g		16%
Dietary Fiber	1 g		5%
Sugars	3 g		
Protein	4 g		
Vitamin A	55%	Calcium	2%
Vitamin C	11%	Iron	15%

Recommendations & Requirements

Recommendations

- 🍎 To increase fiber content use brown rice.
- 🍎 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the appetizer and grain (1 serving) component of the menu.



A Nice Vegetable Soup (#248)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

2 cups green beans
2 cups carrots, sliced
2 cups celery, chopped
2 cups fennel, chopped
2 cups leeks, chopped
2 cups onions, chopped
2 cups tomatoes, diced
2 cups zucchini, sliced
3 quarts vegetable broth
 $\frac{3}{4}$ cup vegetable oil
 $\frac{1}{2}$ cup basil, chopped
Ground black pepper to taste
4 Tbsp garlic cloves, minced
 $\frac{1}{2}$ cup parsley, chopped
3 Tbsp thyme

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	97	Calories from Fat	61
		% Daily Value	
Total Fat	7 g		11%
Saturated Fat	1 g		4%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	181 mg		12%
Total Carbohydrate	9 g		7%
Dietary Fiber	2 g		7%
Sugars	3 g		
Protein	1 g		
Vitamin A	273%	Calcium	3%
Vitamin C	16%	Iron	10%

Directions

1. Place vegetable oil in a pot over low heat. Cook carrots, onions, celery, fennel and leeks stirring for 15 minutes. Add garlic during the last 5 minutes.
2. Stir in tomatoes and season with ground black pepper if desired. Cook for 3 minutes. Add vegetable broth, thyme and 2 Tbsp parsley, bring to a boil. Reduce heat to medium and simmer for 20 minutes.
3. Add the green beans, zucchini and basil and simmer another 10 minutes or until all vegetables are tender. Stir in remaining parsley and serve.

Recommendations & Requirements

Note: This recipe may count towards the appetizer and vegetable (1 serving) component of the menu.



Egg Drop Soup (#249)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

1 ½ cups egg whites
¼ cup green onion, chopped
6 quarts chicken broth, low sodium
1 cup cornstarch
1 Tbsp garlic powder
½ tsp ginger root
Hot sauce (optional)

Directions

1. Bring chicken broth to a boil. Add ginger, garlic and hot sauce.
2. Dissolve cornstarch in broth and stir briskly while pouring cornstarch mixture into the soup as a thickening agent.
3. Return soup to a boil for one more minute.
4. Stir broth vigorously in a circle with a wire whisk and quickly stir in beaten egg whites.
5. The “whirlpool” motion should distribute the egg whites evenly.
6. Garnish with green onion.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	66	Calories from Fat	13
		% Daily Value	
Total Fat	1 g		2%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		0%
Sodium	94 mg		6%
Total Carbohydrate	8 g		6%
Dietary Fiber	0 g		0%
Sugars	0 g		
Protein	6 g		
Vitamin A	1%	Calcium	1%
Vitamin C	0%	Iron	7%

Recommendations & Requirements

Recommendations

- 🍏 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the appetizer component of the menu.



White Bean Soup (#259)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

1.5 lbs white beans, dry
½ cup carrot, shredded
1 ¼ cups onion, chopped
1 ¾ gallons chicken broth, low sodium
½ cup all purpose flour
Ground black pepper to taste
½ cup water

Directions

1. Rinse beans.
2. Place in a large kettle with broth, bring to a boil. Reduce heat, cover and simmer for 2-3 hours or until beans are tender
3. Stir in carrots, onions and ground black pepper; cover and simmer for 30 minutes.
4. In a separate bowl, combine flour and water until smooth; gradually stir into soup.
5. Allow to cook for 10 minutes.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	119	Calories from Fat	56
		% Daily Value	
Total Fat	1.5 g		2%
Saturated Fat	1 g		2%
Trans Fat	0 g		
Cholesterol	0 mg		4%
Sodium	72 mg		5%
Total Carbohydrate	18 g		14%
Dietary Fiber	4 g		13%
Sugars	1 g		
Protein	10 g		
Vitamin A	68%	Calcium	5%
Vitamin C	1%	Iron	35%

Recommendations & Requirements

Recommendations

- 🍎 If extra liquid is required while cooking, add small amounts of water.
- 🍎 This recipe uses chicken broth that contains 72 mg of sodium per serving. Using chicken broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the appetizer component of the menu and is a good source of fiber.



Onion Soup (#185)

Yield: 25 servings
Serving size: Approximately 6 oz

Ingredients

1.25 lbs onions, chopped
1 ½ cups beef broth, low sodium
¼ cup vegetable oil
1 ½ cups croutons, plain
1 ½ cups mozzarella cheese, low fat, shredded
1 ½ tsp bay leaf
1/3 cup celery stalk, chopped
2 garlic cloves, minced
1 tsp ginger root
20 quarts water

Directions

1. Fill half of a large pot with water. Add all ingredients, except croutons and cheese. Bring to a boil.
2. Cook for 2 ½ hours.
3. Remove most of the onions from the soup.
4. Serve soup with 1 tsp of cheese and 1 tsp of croutons over each serving.

Nutrition Facts

Serving Size: 1 serving

Amount Per Serving			
Calories	59	Calories from Fat	33
			% Daily Value
Total Fat	4 g		6%
Saturated Fat	1 g		5%
Trans Fat	0 g		
Cholesterol	4 mg		1%
Sodium	44 mg		3%
Total Carbohydrate	4 g		3%
Dietary Fiber	1 g		2%
Sugars	1 g		
Protein	3 g		
Vitamin A	7%	Calcium	7%
Vitamin C	2%	Iron	2%

Recommendations & Requirements

Recommendations

- 🍎 This recipe uses beef broth that contains 72 mg of sodium per serving. Using beef broth that contains higher amounts of sodium may change the nutrient content of the recipe, and therefore may not meet the nutritional guidelines.

Note: This recipe may count towards the appetizer component of the menu.

