

MIDWESTERN TOMATO RICE SOUP

Yield 100

Portion 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
68 cal	14 g	2 g	1 g	0 mg	691 mg	30 mg

Ingredient

OIL, CANOLA
 CELERY, CHOPPED, PRECUT
 ONIONS, FRESH, CHOPPED, PRECUT
 RICE PILAF MIX
 JUICE, VEGETABLE, CANNED
 SALT
 PEPPER, BLACK, GROUND
 TOMATOES, CANNED, DICED, INCL LIQUIDS

Weight

1-7/8 oz
 1 lbs
 1 lbs
 3-5/8 lbs
 42-2/3 lbs
 5/8 oz
 1/8 oz
 2-1/3 lbs

Measure

1/4 cup 1/3 tbsp
 1 qts
 1 qts
 2 qts
 5 gal
 1 tbsp
 1/8 tsp
 1 qts

Issue**Method**

- 1 Put oil in a steam kettle or stockpot. Cook on medium for 1 minute so that skillet is hot. Add onion and celery. Cook about 5 minutes, or until onions are clear.
- 2 Discard the spice packet in the rice pilaf mix. Add pilaf, vegetable juice or tomato juice, salt and pepper to the celery and onions. Bring to a boil. Reduce heat to medium low and cook 30 minutes, stirring occasionally.
- 3 Add diced tomatoes, mix thoroughly. CCP: Internal temperature must reach 140 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.