

OLD FASHIONED BEAN SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
130 cal	25 g	8 g	0 g	1 mg	535 mg	88 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
BEANS, WHITE, DRY	6-1/4 lbs	3 qts 2 cup	
WATER, COLD	16-3/4 lbs	2 gal	
HAM BROTH (FROM MIX)		4 gal 1 qts	
CARROTS, FRESH, SHREDDED	1 lbs	1 qts 1/8 cup	1-1/4 lbs
ONIONS, FRESH, CHOPPED	2 lbs	1 qts 1-5/8 cup	2-1/4 lbs
TOMATOES, CANNED, CRUSHED, INCL LIQUIDS	6-1/2 lbs	2 qts 3-3/4 cup	
PEPPER, BLACK, GROUND	1/8 oz	1/3 tsp	
FLOUR, WHEAT, GENERAL PURPOSE	13-1/4 oz	3 cup	
WATER, COLD	2-1/8 lbs	1 qts	

Method

- 1 Pick over beans, removing discolored beans and foreign matter. Wash thoroughly in cold water.
- 2 Cover with cold water; bring to a boil; boil 2 minutes. Turn off heat. Cover; let stand 1 hour.
- 3 Prepare broth according to recipe. Add to beans; bring to a boil; cover; simmer 2 hours or until beans are tender.
- 4 Add carrots, onions and pepper to bean mixture. Add crushed tomatoes to mixture and simmer for 30 minutes.
- 5 Blend flour and water to form a smooth paste. Stir into soup; cook 10 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.