

PEPPER POT SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
97 cal	11 g	3 g	5 g	1 mg	1228 mg	38 mg

Ingredient

SHORTENING,VEGETABLE,MELTED
 ONIONS,FRESH,CHOPPED
 PEPPERS,GREEN,FRESH,CHOPPED
 CELERY,FRESH,SLICED
 BEEF BROTH
 FLOUR,WHEAT,GENERAL PURPOSE
 POTATOES,FRESH,PEELED,CUBED
 PEPPER,BLACK,GROUND
 MILK,NONFAT,DRY
 WATER,WARM
 PIMIENTO,CANNED,DRAINED,CHOPPED

Weight

14-1/2 oz
 8 oz
 1-1/2 lbs
 1-1/2 lbs
 8-7/8 oz
 6 lbs
 1/8 oz
 6-5/8 oz
 3-1/8 lbs
 6-3/4 oz

Measure

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

Issue

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

Method

- 1 Saute vegetables in salad oil, shortening or olive oil 10 minutes. Do not brown. Remove vegetables from fat; set aside for use in Step 3 and vegetables aside for use in Step 4.
- 2 Prepare broth according to package directions.
- 3 Blend fat and flour together; stir until smooth. Add roux to broth, stirring constantly. Cook until blended.
- 4 Add sauteed vegetables, potatoes and pepper. Cook about 20 minutes or until vegetables are tender. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 5 Reconstitute milk.
- 6 Just before serving, remove soup from heat; slowly add milk, stirring constantly.
- 7 Add pimientos. CCP: Hold for service at 140 F. or higher.