

CARROT SOUP

Yield 100

Portion 8 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
70 cal	14 g	2 g	1 g	0 mg	285 mg	30 mg

Ingredient

COOKING SPRAY, NONSTICK
 ONIONS, FRESH, CHOPPED, PRECUT
 CARROTS, FRESH, CHOPPED, PRECUT
 CELERY, FRESH, SLICED, PRECUT
 VEGETABLE BROTH
 PEPPER, BLACK, GROUND
 RICE, JASMINE

Weight

2 oz
 5 lbs
 12 lbs
 2 lbs

 1/4 oz
 4 lbs

Measure

1/4 cup 1/3 tbsp
 1 gal 7/8 qts
 2 gal 2-5/8 qts

 6 gal
 1 tbsp

Issue**Method**

- 1 Spray steam-jacketed kettle with non-stick cooking spray.
- 2 Add onions, celery and carrots. Cook 10 minutes, stirring frequently.
- 3 Prepare vegetable broth according to manufacturer's instructions. Add to onions, celery, and carrots. Add black pepper. Bring to a boil. Add rice.
- 4 Simmer 30 minutes. Stir vigorously with a wire whip to break up rice. CCP: Internal temperature must reach 165 F. for 15 seconds. CCP: Hold for service at 140 F. or higher.