

CREOLE SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
69 cal	10 g	3 g	2 g	1 mg	1535 mg	17 mg

Ingredient

ONIONS,FRESH,CHOPPED
 PEPPERS,GREEN,FRESH,CHOPPED
 SHORTENING,VEGETABLE,MELTED
 BEEF BROTH
 PEPPER,BLACK,GROUND
 SPAGHETTI NOODLES,DRY
 TOMATO PASTE,CANNED

Weight

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

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

Measure

1 qts 2 cup
 1 qts 2 cup
 1/2 cup
 6 gal
 1/3 tsp
 1 qts 2-1/2 cup
 1 qts

Issue

2-1/3 lbs
 2-3/8 lbs

Method

- 1 Saute onions and peppers in salad oil, melted shortening or olive oil for 5 minutes in steam-jacketed kettle or stock pot. Stir occasionally.
- 2 Prepare stock according to directions.
- 3 Break spaghetti into 2-inch pieces. Add stock to sauteed peppers and onions. Add pepper, spaghetti, and tomato paste. Stir and bring to a boil; reduce heat and simmer 30 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. Hold for service at 140 F. or higher.