

CURRIED VEGETABLE SOUP

Yield 100

Portion 1 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
66 cal	14 g	2 g	1 g	0 mg	197 mg	26 mg

Ingredient

<u>Ingredient</u>	<u>Weight</u>	<u>Measure</u>	<u>Issue</u>
VEGETABLE BROTH		4 gal	
WATER	10-1/2 lbs	1 gal 1 qts	
ONIONS,FRESH,CHOPPED	6 lbs	1 gal 1/4 qts	6-2/3 lbs
POTATOES,FRESH,PEELED,CUBED	3 lbs	2 qts 3/4 cup	3-2/3 lbs
CELERY,FRESH,SLICED	1-1/2 lbs	1 qts 1-5/8 cup	2 lbs
CURRY POWDER	1-1/3 oz	1/4 cup 2-1/3 tbsp	
GARLIC POWDER	3/8 oz	1 tbsp	
PARSLEY,DEHYDRATED,FLAKED	3/8 oz	1/2 cup	
PEPPER,BLACK,GROUND	1/8 oz	1/3 tsp	
THYME,GROUND	<1/16th oz	1/8 tsp	
RICE,BROWN,LONG GRAIN,RAW PARBOILED	1-1/4 lbs	3 cup	
PEAS & CARROTS,FROZEN	3-7/8 lbs	3 qts 1/2 cup	
CAULIFLOWER,FROZEN	2 lbs		

Method

- 1 Prepare vegetable stock according to package directions.
- 2 Add water, onions, potatoes, celery, curry, garlic powder, parsley, black pepper and thyme to stock. Stir. Bring to a boil; add rice. Stir; reduce heat; cook 30 to 35 minutes or until rice is tender.
- 3 Add peas, carrots and cauliflower, bring to a boil; simmer 5 minutes. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.