

SPROUTS SUPERBA

Yield 100

Portion 1/2 Cup

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
71 cal	10 g	4 g	3 g	0 mg	304 mg	34 mg

Ingredient

BRUSSELS SPROUTS,FROZEN

SALT

WATER,BOILING

CELERY,FRESH,CHOPPED

MARGARINE

SOUP,CONDENSED,CREAM OF MUSHROOM

WATER

PIMIENTO,CANNED,DRAINED,CHOPPED

GARLIC POWDER

PEPPER,WHITE,GROUND

Weight

17 lbs

1/2 oz

14-5/8 lbs

3 lbs

2 oz

6-5/8 lbs

2-1/8 lbs

12-2/3 oz

5/8 oz

1/8 oz

Measure

3 gal 1/2 qts

3/8 tsp

1 gal 3 qts

2 qts 3-3/8 cup

1/4 cup 1/3 tbsp

3 qts

1 qts

1-7/8 cup

2 tbsp

1/3 tsp

Issue

4-1/8 lbs

Method

- 1 Add brussels sprouts to boiling salted water; return to a boil; cook 8 to 10 minutes.
- 2 Drain; set aside for use in Step 5.
- 3 Saute celery in margarine or butter 5 minutes or until tender.
- 4 Combine soup and water; mix well. Add celery, pimientos, garlic powder and white pepper. Simmer 10 minutes.
- 5 Add brussels sprouts to soup mixture, mix lightly. Simmer 5 minutes or until hot. Serve. CCP: Heat to 145 F. or higher for 15 seconds. Hold at 140 F. or higher for service.