

**ZESTY BEAN SOUP (DRY BEANS)**

Yield 100

Portion 1 Cup

| Calories | Carbohydrates | Protein | Fat | Cholesterol | Sodium  | Calcium |
|----------|---------------|---------|-----|-------------|---------|---------|
| 127 cal  | 23 g          | 8 g     | 1 g | 1 mg        | 1058 mg | 78 mg   |

**Ingredient**

| <b><u>Ingredient</u></b>           | <b><u>Weight</u></b> | <b><u>Measure</u></b> | <b><u>Issue</u></b> |
|------------------------------------|----------------------|-----------------------|---------------------|
| BEANS,KIDNEY,DRY                   | 2 lbs                | 1 qts 7/8 cup         |                     |
| BEANS,WHITE,DRY                    | 2 lbs                | 1 qts 1/2 cup         |                     |
| BEANS,PINTO,DRY                    | 1-7/8 lbs            | 1 qts 1/2 cup         |                     |
| WATER                              | 16-3/4 lbs           | 2 gal                 |                     |
| BEEF BROTH                         |                      | 3 gal 3 qts           |                     |
| BAY LEAF,WHOLE,DRIED               | 1/4 oz               | 6 each                |                     |
| TOMATOES,CANNED,DICED,INCL LIQUIDS | 13-3/4 lbs           | 1 gal 2 qts           |                     |
| ONIONS,FRESH,CHOPPED               | 3 lbs                | 2 qts 1/2 cup         | 3-1/3 lbs           |
| CELERY,FRESH,SLICED                | 2 lbs                | 1 qts 3-1/2 cup       | 2-3/4 lbs           |
| PEPPER,BLACK,GROUND                | 3/8 oz               | 1 tbsp                |                     |
| PAPRIKA,GROUND                     | 3/8 oz               | 1 tbsp                |                     |
| THYME,GROUND                       | 1/4 oz               | 1 tbsp                |                     |

**Method**

- 1 Pick over beans, removing discolored beans and foreign matter. Wash thoroughly in cold water. Cover with cold water in stock pot or steam-jacketed kettle; bring to a boil; boil 2 minutes. Turn off heat. Cover; let stand 1 hour.
- 2 Prepare broth according to package directions. Add bay leaves. Bring to a boil; cover; simmer 3 hours or until beans are tender.
- 3 Stir occasionally. Add tomatoes, onions, celery, pepper, paprika and thyme; stir well.
- 4 Bring to a boil; reduce heat. Cover; simmer 45 minutes or until vegetables are tender. Remove bay leaves. CCP: Internal temperature must reach 165 F. or higher for 15 seconds. CCP: Hold for service at 140 F. or higher.