

# Broccoli Cheese Soup

Meat Alternate-Vegetable

Soups

H-05

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Chicken stock, non-MSG		1 qt ½ cup		2 qt 1 cup	1. In a heavy pot, bring chicken stock to a boil. 2. Add carrots and onions. Boil until vegetables are tender, approximately 10 minutes.
*Fresh carrots, ¼" chopped	1 lb 2 oz	3 cups	2 lb 4 oz	1 qt 2 cups	
*Fresh onions, chopped OR	8 oz	1 ½ cups OR	1 lb OR	3 cups OR	3. In a separate heavy pot, melt margarine or butter. Whisk in flour and cook for 2 minutes. Do not brown.
Dehydrated onions		½ cup 2 Tbsp	3 oz	1 ¼ cups	
Margarine or butter	2 oz		4 oz		4. Slowly add hot milk. Continue to whisk until smooth. 5. Slowly add stock and vegetables.
Enriched all-purpose flour	4 oz	¾ cup 3 Tbsp	8 oz	1 ¾ cups 2 Tbsp	
Lowfat 1% milk, hot		2 cups		1 qt	6. Add salt, pepper, and hot sauce. Whisk to blend. Simmer until thickened, about 10 minutes, whisking occasionally.
Salt		¼ tsp		½ tsp	
Ground black or white pepper		⅛ tsp		¼ tsp	7. Add cheese, whisking occasionally until cheese is melted.
Hot pepper sauce		⅛ tsp		¼ tsp	
Reduced fat Cheddar cheese, shredded	1 lb 3 oz		2 lb 6 oz		8. Add broccoli. Stir occasionally.
Frozen chopped broccoli	1 lb		2 lb		
					CCP: Heat to 165° F or higher.
					9. CCP: Hold at 140° F or warmer.
					Portion with 4 oz ladle (½ cup).

\* See Marketing Guide

Marketing Guide for Selected Items		
Food as Purchased for	25 Servings	50 Servings
Carrots	1 lb 10 oz	3 lb 4 oz
Mature onions	11 oz	1 lb 6 oz

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SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) provides ¾ oz cheese and ¼ cup of vegetable.	<b>25 Servings:</b> 7 lb 4 oz	<b>25 Servings:</b> 3 quarts ½ cup
	<b>50 Servings:</b> 14 lb 8 oz	<b>50 Servings:</b> about 1 gallon 2 ¼ quarts
Tested 2004		

Nutrients Per Serving			
<b>Calories</b>	120	<b>Saturated Fat</b>	3.03 g
<b>Protein</b>	7.89 g	<b>Cholesterol</b>	13 mg
<b>Carbohydrate</b>	8.61 g	<b>Vitamin A</b>	5211 IU
<b>Total Fat</b>	6.15 g	<b>Vitamin C</b>	11.3 mg
		<b>Iron</b>	0.53 mg
		<b>Calcium</b>	239 mg
		<b>Sodium</b>	240 mg
		<b>Dietary Fiber</b>	1.4 g