



Winter Vegetable Soup with Noodles

Fall Winter Spring Summer

NUTRITION INFORMATION

SERVING SIZE: 1 cup

Amount per Serving

Calories	129 kcal
Protein	5.36 g
Carbohydrate	21.91 g
Total Fat	2.66 g
Saturated Fat	0.42 g
Cholesterol	10.21 mg
Vitamin A	8767.74 IU
Vitamin C	46.70 mg
Iron	2.13 mg
Calcium	82.83 mg
Sodium	652.59 mg
Dietary Fiber	4.52 g

EQUIVALENTS: 1 cup provides 1/8 cup red/orange vegetable, 1/4 cup dark green vegetable, and 1/8 cup bean/legumes or .5 oz equiv meat/meat alternate (but not both) and .5 oz equiv WGR grain.

Recipe HACCP Process: #2 Same Day Service

“Take the time to walk around during lunch and see what students are eating and not eating. Then tweak the recipe with student feedback.”

— KAREN RUSSO

Winter Vegetable Soup with Noodles • 50 servings (1 cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Kale, collard greens or Swiss chard	4 lb		➊ Remove tough ribs from kale (or collard greens or Swiss chard). Cut into ½-inch pieces.	<ul style="list-style-type: none"> • Use another type of root vegetable in place of the turnips if you prefer. • You can make this vegetarian by omitting the chicken base and using 2½ gal vegetable broth in step ➆.
Carrots	2 lb		➋ Trim and peel carrots and onions. Cut into ½-inch dice.	
Onions		2 large		
Vegetable oil		⅓ cup	➌ Heat oil in a large stockpot over medium heat. Add the onion, garlic and 1 Tbsp salt. Cook, stirring occasionally, until browned, 10 to 15 minutes. Add the carrots, squash and turnips. Reduce heat to medium-low and cook, stirring occasionally, until tender, 10 to 15 minutes.	
Chopped garlic		3 Tbsp		
Kosher salt		2 Tbsp + 1 tsp, divided		
Diced, peeled, seeded butternut squash (½-inch pieces)		1 qt		
Diced peeled turnips (½-inch pieces)		2 cups		
Water		5 gal + 3 qt, divided	➍ Meanwhile, bring 3 gallons water to a boil in a large pot. Cook pasta until tender, about 10 minutes. Drain and set aside.	
Whole-wheat egg noodles		1 gal		
Dry green lentils		2 cups	➎ Bring 1 qt water, lentils and 1 tsp salt to a boil in a large saucepan. Reduce heat to a simmer and cook until tender, about 30 minutes. Drain and set aside.	
Chicken base		5 Tbsp	➏ When the vegetables are tender, add 2½ gal water, 1 Tbsp salt, chicken base and pepper to the pot. Bring to a simmer and cook for 20 minutes.	
Ground black pepper		2 tsp		
			➐ Add the greens and cook until just tender, about 5 minutes. Add the drained lentils.	
			➑ To serve, add the cooked noodles right to individual serving bowls and ladle soup over the top, or stir the cooked noodles into the pot of soup.	