



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 ➖. |
| 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. | |