

Naugatuck Public Schools - 2018 (Sourced from VTFEED New School Cuisine Cookbook)

Yield: 50 portions

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INGREDIENTS	50 S WEIGHT	ERVINGS MEASURE	DIRECTIONS	
	WHIGHT	MINOOMI		
Kale	4 lbs		1. Sanitize work area with bleach & water solution.	
Carrots	2 lbs		2. Wash hands.	
Onions		2 large	3. Put on food service gloves.	
		(2 cups diced)		
Vegetable oil		⅓ cup	Cooking Methods:	
Chopped garlic		3 Tbsp	1. Remove tough ribs from kale. Cut into ½ inch pieces.	
Salt		2 Tbsp + 1 tsp	2. Trim & peel carrots and onions. Cut into ½ inch dice.	
			3. Heat the oil in a large stockpot over medium heat. Add onion,	
Butternut squash, diced, peeled,		1 qt	garlic & 1 Tbsp salt. Cook until browned, about 10-15 minutes.	
seeded (½ inch pieces)			Add carrots, squash and turnips. Reduce heat to medium -	
Turnips, diced peeled		2 cups	low and cook until tender about 10-15 minutes.	
Water		5 gal + 3 qt	4. Bring 3 gallons water to a boil in a large pot. Cook pasta until	
Whole wheat egg noodles		1 gal	tender, about 10 minutes. Drain and set aside.	
Dry green lentils		2 cups	5. Bring 1 qt water, lentils and 1 tsp salt to a boil in a large	
Chicken base		5 Tbsp	saucepan. Reduce heat to a simmer and cook until tender,	
Black pepper		2 tsp	about 30 minutes. Drain and set aside.	
			6. When veggies are tender add $2 \frac{1}{2}$ gal water, 1 Tbsp salt,	
			chicken base and pepper to the pot. Bring to a simmer and	
			cook for 20 minutes.	
			7. Add the kale and cook until just tender, about 5 minutes. Add	
			the drained lentils.	
Serving Size: 1 cup			HACCP/Serving Instructions	
Meal Pattern Contribution: 1/8 cup Legumes OR .5 oz M/MA (but not			1. To serve, add the cooked noodles right to individual serving bowls and	
both), ¼ cup Red/Orange Vegetable, ¼ cup Dark Leafy Green			ladle the soup over the top.	
vegetable and 0.5 oz equivalent WGR grain*			2. Hold at 140°F or higher throughout serving. Check temperature again	
			during serving. If below 140°F, remove from line and reheat to 165°F.	
* Whole Wheat Egg Noodles grain contribution is subject to brand and				
product formulation statement. District meal planner must identify the				
correct contribution based on the brand	and informatio	n provided in that		
specific product formulation statement.				

Recipe and Meal Pattern Contribution statement provided in VT FEED New School Cuisine Cookbook under the recipe named "Winter Vegetable Soup with Noodles".

Recipe and Meal Contribution Review completed by Put Local on Your Tray.

SFAs must check the crediting information for accuracy prior to including the item in reimbursable meals.

