

Bean Soup

This Bean Soup is sure to be a frequent request! Protein packed and flavorful with beans, tomatoes, onions, and smoky spices.

CACFP Home Childcare Crediting Information

Legume as Meat Alternate: 1 cup (1 cup measuring cup or 8 fl oz ladle) provides $\frac{1}{4}$ cup vegetable ($\frac{1}{8}$ cup additional vegetable, $\frac{1}{8}$ cup red/orange vegetable), and 1.25 oz equivalent meat alternate.

OR

Legume as Vegetable: 1 cup (1 cup measuring cup or 8 fl oz ladle) provides: $\frac{5}{8}$ cup vegetable ($\frac{1}{4}$ cup additional vegetable, $\frac{1}{4}$ cup legume vegetable, $\frac{1}{8}$ cup red/orange vegetable).



Preparation Time: 20 minutes

Cooking Time: 60 minutes

Makes: 6 servings

Ingredients

- 2 tsp Canola oil
- $\frac{1}{2}$ cup or 2 $\frac{1}{2}$ oz Fresh onions
- 2 Tbsp or 1 $\frac{1}{2}$ oz Fresh garlic, minced
- $\frac{1}{2}$ cup or 2 $\frac{1}{2}$ oz Fresh red bell peppers
- $\frac{1}{4}$ cup or 2 $\frac{1}{2}$ oz Green chilies
- 1 tsp Sugar
- $\frac{1}{8}$ tsp Ground black pepper
- 1 tsp Oregano
- 2 tsp Old Bay seasoning (See Notes Section)
- $\frac{3}{4}$ cup or 6 oz Low-sodium vegetable broth
- 1 $\frac{1}{2}$ cups Water
- 1 cup or 7 oz Canned no salt added diced tomatoes, undrained
- 2 $\frac{3}{4}$ cups or 1 lb Canned low sodium great northern beans, drained, rinsed

OR

- 2 $\frac{3}{4}$ cups or 1 lb Dry great northern beans, cooked

Directions

- 1 Heat oil in a large saucepan over medium high heat.
- 2 Add onions, garlic, bell peppers, green chilies, sugar, black pepper, oregano, and Old Bay seasoning. Sauté uncovered over medium-high heat for 2 minutes, stirring occasionally.
- 3 Add vegetable broth, water, tomatoes, and 1 cup beans. Bring to a boil. Reduce heat to medium. Simmer uncovered for 8 minutes. Set aside for step 6.
- 4 **Critical Control Point:** Heat to 140 °F or higher for at least 15 seconds.
- 5 Puree remaining beans in a high-speed blender on high for 2-3 minutes until mixture has a smooth consistency. Set aside for step 6.
- 6 Add about 1 cup pureed beans to soup mixture. Stir well and simmer over low heat for 10 to 15 minutes until soup has a thicker consistency.
- 7 Pour soup into large serving bowl.
- 8 **Critical Control Point:** Hold at 140 °F or higher until served.
- 9 Serve 1 cup (portion with 1 cup measuring cup or 8 fl oz ladle).

Notes Section:

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 $\frac{3}{4}$ qt cold water to every 1 lb of dry beans.

Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 $\frac{3}{4}$ qt of water for each 1 lb of dry beans.

Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the peas have been soaked, add 1 $\frac{3}{4}$ qt water for every lb of dry beans.

Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point:

Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point:

Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry black-eyed peas = about 2 $\frac{1}{4}$ cups dry or 4 $\frac{1}{2}$ cups cooked beans.

***Use the 30% reduced sodium version of Old Bay Seasoning to further reduce the sodium in the recipe.**

Source:

CACFP Home Childcare 6-Serving Recipe Project

Nutrients Per Serving: Calories 280, Protein 16 g, Carbohydrates 45 g, Dietary Fiber 15 g, Total Sugars 3 g, Total Fat 3 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 242 mg, Vitamin A 23 mcg RAE, Vitamin C 35 mg, Vitamin D 0 IU, Calcium 141 mg, Iron 4 mg, Potassium 871 mg



Bean Soup

USDA Recipe for CACFP

Our Bean Soup recipe is a hearty combination of vegetable broth, tomatoes, beans, and green chili peppers.

CACFP CREDITING INFORMATION

1 cup (8 fl oz ladle) provides

Legume as Meat Alternate: 1 oz equivalent meat alternate and 3/8 cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		2 Tbsp 1 1/2 tsp		1/4 cup 1 Tbsp	1 Heat oil in a large stock pot. 2 Add onions, garlic, bell peppers, green chilies, sugar, black pepper, oregano, and Old Bay seasoning. Simmer uncovered over medium-high heat for 2 minutes, stirring occasionally.
*Onions, fresh, diced	10 oz	2 cups	1 lb 4 oz	1 qt	
Garlic, fresh, minced	5 1/3 oz	1/4 cup 3 Tbsp 1 1/2 tsp	10 2/3 oz	3/4 cup 3 Tbsp	
*Red bell peppers, fresh	10 oz	1 3/4 cups 2 Tbsp	1 lb 4 oz	3 3/4 cups	
Green chilies, canned	10 oz	1 3/4 cups 1 3/4 tsp (about 1/4 No. 10 can)	1 lb 4 oz	3 1/2 cups 1 Tbsp 1/2 tsp (about 1/2 No. 10 can)	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Sugar		2 ½ tsp		1 Tbsp 2 tsp	
Black pepper, ground		½ tsp		1 tsp	
Oregano, dried		2 ½ tsp		1 Tbsp 2 tsp	
Old Bay seasoning (see Notes)		2 Tbsp 1 ½ tsp		¼ cup 1 Tbsp	
Vegetable broth, low- sodium		3 cups		1 qt 2 cups	3 Add vegetable broth, water, tomatoes, and 2 qt 2 Tbsp 1 tsp (about 3 lb 1 oz) beans. Bring to a boil. Reduce heat to medium. Simmer uncovered for 10–12 minutes. Set aside for step 6.
Water		1 qt 3 cups		3 qt 2 cups	
Tomatoes, diced, canned, no-salt-added, undrained	1 lb 12 oz	3 ⅓ cups (about ¼ No. 10 can)	3 lb 8 oz	1 qt 2 ⅔ cups (about ½ No. 10 can)	4 Critical Control Point: Heat to 140 °F or higher.
Great northern beans, canned, low-sodium, drained, rinsed	4 lb 2 oz	1 qt 3 ¾ cups 1 Tbsp 2 ⅛ tsp (about 1 No. 10 can)	8 lb 4 oz	3 qt 3 ½ cups 3 Tbsp 1 ¼ tsp (about 2 No. 10 cans)	
OR					
Great northern beans, dry, cooked (see Notes)	4 lb 2 oz	1 qt 3 ¾ cups 1 Tbsp 2 ⅛ tsp	8 lb 4 oz	3 qt 3 ½ cups 3 Tbsp 1 ¼ tsp	
					5 Purée remaining beans with an immersion mixer in a large bowl for 3–5 minutes until mixture has a smooth consistency. Set aside for step 6.



INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
					<p>6 Add 3 cups (about 1 lb 1 oz) puréed beans to soup mixture. Stir well until soup has a thick consistency.</p>
					<p>7 Pour 1 gal 1 qt (about 9 lb 5.5 oz) soup into a half steam table pan (12¾" x 10½" x 6").</p> <p>For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p>8 Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p>9 Portion with 8 fl oz ladle (1 cup).</p>



NUTRITION INFORMATION

For 1 cup (8 fl oz ladle).

NUTRIENTS	AMOUNT
Calories	132
Total Fat	2 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	389 mg
Total Carbohydrate	21 g
Dietary Fiber	5 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	6 g
Vitamin D	0 IU
Calcium	53 mg
Iron	1 mg
Potassium	315 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Mature onions	12 oz	1 lb 8 oz
Red bell peppers	13 oz	1 lb 10 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

*Use the 30% reduced sodium version of Old Bay Seasoning to further reduce the sodium in the recipe.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1¼ qt cold water to every 1 lb of dry beans.

Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1¼ qt water for every 1 lb of dry beans.

Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry great northern beans = about 2 ½ cups dry or 6¼ cups cooked beans.

YIELD/VOLUME

25 Servings	50 Servings
About 9 lb 5½ oz About 1 gal 2 ⅔ cups/1 steam table pan (12 ¾" x 10 ½" x 6")	About 18 lb 11 oz About 2 gal 1 qt 1 ⅓ cups/2 steam table pans (12 ¾" x 10 ½" x 6")





Bean Soup

This Bean Soup is sure to be a frequent request! Protein packed and flavorful with beans, tomatoes, onions, and smoky spices.

CACFP Adult Portion Crediting Information

Legume as Meat Alternate: 1 cup (8 fl oz ladle) provides ½ cup vegetable (⅛ cup additional vegetable, ¼ cup red/orange vegetable, ⅛ cup other vegetable), and 1.5 oz equivalent meat alternate.

OR

Legume as Vegetable: 1 cup (8 fl oz spoodle) provides ⅞ cup vegetable (⅛ cup additional vegetable, ⅜ cup legume vegetable, ¼ cup red/orange vegetable, and ⅛ cup other vegetable).

Canola oil		2 Tbsp 1 ½ tsp		¼ cup 1 Tbsp	1 Heat oil in a large stock pot. 2 Add onions, garlic, bell peppers, green chilies, sugar, black pepper, oregano, and Old Bay seasoning. Simmer uncovered over medium-high heat for 2 minutes, stirring occasionally.
*Fresh onions, diced	1 lb	3 cups	2 lb	1 qt 2 cups	
Garlic, minced	5 ⅓ oz	½ cup	10 ⅔ oz	1 cup	
*Fresh red bell peppers	1 lb	3 cups	2 lb	1 qt 2 cups	
Canned green chilies	1 lb	2 cups	2 lb	1 qt	

Sugar		2 ½ tsp		1 Tbsp 2 tsp	
Ground black pepper		½ tsp		1 tsp	
Dried oregano		2 ½ tsp		1 Tbsp 2 tsp	
Old Bay seasoning (See Notes Section)		2 Tbsp 1 ½ tsp		¼ cup 1 Tbsp	
Low-sodium vegetable broth		3 cups		1 qt 2 cups	<p>3 Add vegetable broth, water, tomatoes, and about 2 lb 8 oz (1 qt 2 cups) beans. Bring to a boil. Reduce heat to medium. Simmer uncovered for 10-12 minutes. Set aside remaining 2 lb 8 oz of beans for step 5.</p>
					<p>4 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p>
Water		1 qt 3 cups		3 qt 2 cups	
Canned no-salt-added diced tomatoes, undrained	2 lb 10 oz	1 qt 1 cup (approx. ¼ No. 10 can)	5 lb 4 oz	2 qt 2 cups (approx. ½ No. 10 can)	
Canned low-sodium great northern beans, drained, rinsed OR *Dry great northern beans, cooked (See Notes Section)	5 lb OR 5 lb	3 qt 2 ½ cups (approx. 1 No. 10 can) OR 3 qt 2 ½ cups	10 lb OR 10 lb	1 gal 3 qt 1 cup (approx. 2 No. 10 cans) OR 1 gal 3 qt 1 cup	
					<p>5 In a large deep bowl, puree remaining beans with a bermixer (high-speed blender) and 1 cup of the simmering broth for 4-5 minutes. The resulting mixture should have a smooth consistency.</p>

					<p>6 Add about 3 lb 5 oz (1 qt 2 cup) pureed beans to soup mixture. Stir well and simmer on low heat for 45 minutes until soup has a thicker consistency.</p>
					<p>7 Pour about 12 lb 13 oz (1 gal 2 qt 1 cup) soup into a half deep steam table pan (12 ¾" x 10 ½" x 6"). For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p>
					<p>8 Critical Control Point: Hold for hot service at 140 °F or higher.</p>
					<p>9 Serve 1 cup (portion with 8 fl oz ladle).</p>

NUTRITION INFORMATION

For 1 cup (8 oz ladle)

NUTRIENTS	AMOUNT
Calories	328
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Total Fat	3 g
Saturated Fat	0.5 g
Cholesterol	0 mg
Sodium	223 mg
Total Carbohydrate	54 g
Dietary Fiber	18 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	19 g
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Vitamin A	35 mcg RAE
Vitamin C	53 mg
Vitamin D	0 IU
Calcium	167 mg
Iron	5 mg
Potassium	1081 mg
N/A = data not available	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
*Fresh onions	1 lb 2 oz	2 lb 4 oz
*Fresh red bell peppers	1 lb 4 oz	2 lb 8 oz

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

***Use the 30% reduced sodium version of Old Bay Seasoning to further reduce the sodium in the recipe.**

Cooking Process #2: Same Day Service.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately. Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry Great Northern beans = about 2 ½ cups dry or 5 ¼ cups cooked beans.

YIELD/VOLUME	
About 12 lb 13 oz	About 25 lb 10 oz
About 1 gal 2 qt 1 cup	About 3 gal 2 cups

SOURCE:

CACFP Adult Portion Recipe Project