


Black Bean Soup

 Cooking time: 40 minutes
HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: 1 ounce Meat/Meat Alternate, ¼ cup Vegetables
NSLP: 1 ounce Meat/Meat Alternate (or ¼ cup Beans/Peas),
⅛ cup Red/Orange Vegetables, ⅛ cup Starchy Vegetables
SFSP: 1 ounce Meat/Meat Alternate, ¼ cup Vegetables

Ingredients	40 Servings		80 Servings	
	Weight	Measure	Weight	Measure
Vegetable oil		¼ cup		½ cup
Onion, chopped	1 pound 4.8 ounces	1 quart	2 pounds 9.6 ounces	2 quarts
Canned diced tomatoes	3 pounds 12 ounces		7 pounds 8 ounces	
Low sodium black beans, canned, with liquid	7 pounds 8 ounces	1 gallon	15 pounds	2 gallons
Potatoes, peeled and diced	3 pounds		6 pounds	
Water		1 gallon		2 gallons
Fresh cilantro, chopped		2 cups		1 quart
Cumin		¼ cup		½ cup
Lime juice		¾ cup		1½ cups
Garlic powder		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Salt		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Hot sauce		to taste		to taste



Directions

1. Heat oil in a large stock pot or steam kettle over medium-high heat. Sauté the onion in the oil for 4 minutes. Add the tomatoes and cook, stirring, for 4 more minutes.
2. Add the beans with liquid, potatoes, and water. Bring to a boil, then reduce heat to a simmer. Cover and cook for 20 minutes.
3. Add the cilantro, cumin, lime juice, and optional hot pepper sauce. Stir and cook for 10 minutes more.

CCP: Heat to 165°F or higher for at least 15 seconds.
CCP: Hold for hot service at 135°F or higher.
Serve 1 cup portions using an 8 ounce ladle or spoodle.

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Black Bean Soup, continued

Serving	Yield	Volume
1 cup	40 servings, about 22 pounds	40 servings, about 2 gallons + 2 quarts
	80 servings, about 44 pounds	80 servings, about 5 gallons

Nutrients Per Serving					
Calories	131	Sodium	359 mg	Vitamin A	56 IU
Total Fat	1.7 g	Carbohydrate	24 g	Vitamin C	11 mg
Saturated Fat	0.3 g	Dietary Fiber	7 g	Iron	2 mg
Cholesterol	0 mg	Protein	6 g	Calcium	78 mg