



# Tomato Soup

## USDA Recipe for CACFP

Our Tomato Soup is a healthy classic with tomatoes, onions, and garlic in a chicken broth base with a hint of basil.

### CACFP CREDITING INFORMATION

1 cup (8 fl oz ladle) provides ½ cup vegetable.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Fresh onions, diced	2 lb 7 oz	2⅓ cups 1 Tbsp	4 lb 14 oz	1 qt ⅔ cup 2 Tbsp	<b>1</b> In a large stock pot, add onions, garlic powder, tomatoes, water, chicken base, basil, salt, black pepper, and sugar. Bring to a boil. Reduce heat to medium.
Garlic powder		2 Tbsp	2½ oz	¼ cup	
Canned plum tomatoes, undrained	4 lb 12 oz	2 qt 3 Tbsp 1 tsp (about ¾ No. 10 can)	9 lb 8 oz	1 gal ¼ cup 2 Tbsp 2 tsp (about 1½ No. 10 cans)	
Water		2 qt 1 cup		1 gal 2 cups	
Low-sodium chicken base		3 Tbsp	3 oz	¼ cup 2 Tbsp	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Dried basil		3 Tbsp		¼ cup 2 Tbsp	
Salt		¼ tsp		½ tsp	
Ground black pepper		¾ tsp		1½ tsp	
Sugar		3 Tbsp	3 oz	¼ cup 2 Tbsp	
Canned no-salt-added tomato paste	3 oz	⅓ cup	6 oz	⅔ cup	<b>2</b> Add tomato paste. Simmer uncovered over medium heat for 8–10 minutes.
					<b>3</b> Purée ingredients in stock pot with a bermixer (immersion mixer) for 3–5 minutes until mixture has a smooth consistency.
Margarine, trans-fat free	4 oz	½ cup	8 oz	1 cup	<b>4</b> Fold in margarine. Simmer uncovered over medium heat for 2–3 minutes. Stir well.
					<b>5</b> Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					<b>6</b> Pour 1 gal 1 qt 2 cups (about 10 lb 10½ oz) soup into a half steam table pan (12¾" x 10½" x 6").  For 25 servings, use 1 pan. For 50 servings, use 2 pans.
					<b>7</b> Critical Control Point: Hold for hot service at 140 °F or higher.
					<b>8</b> Portion with 8 fl oz ladle (1 cup).



**NUTRITION INFORMATION**

For 1 cup (8 fl oz ladle).

<b>NUTRIENTS</b>	<b>AMOUNT</b>
<b>Calories</b>	<b>71</b>
<b>Total Fat</b>	<b>2 g</b>
Saturated Fat	1 g
Cholesterol	0 mg
<b>Sodium</b>	<b>282 mg</b>
<b>Total Carbohydrate</b>	<b>11 g</b>
Dietary Fiber	2 g
Total Sugars	6 g
Added Sugars included	N/A
<b>Protein</b>	<b>2 g</b>
Vitamin D	0 IU
Calcium	53 mg
Iron	1 mg
Potassium	395 mg

N/A=data not available.

**SOURCE**

USDA Standardized Recipes Project.

**MARKETING GUIDE**

<b>Food as Purchased for</b>	<b>25 Servings</b>	<b>50 Servings</b>
Mature onions	2 lb 13 oz	5 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.

**YIELD/VOLUME**

<b>25 Servings</b>	<b>50 Servings</b>
About 10 lb 10½ oz	About 21 lb 5 oz
About 1 gal 1 qt 1⅓ cups/1 steam table pan (12¾" x 10½" x 6")	About 2 gal 2 qt 2⅔ cups/2 steam table pans (12¾" x 10½" x 6")

