Winter Vegetable Soup with Noodles

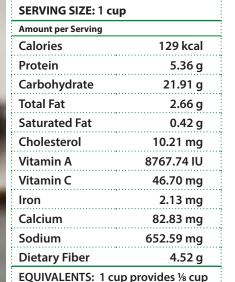
"Take the time to walk around
during lunch and see what
students are eating and not
eating. Then tweak the recipe
with student feedback."

— KAREN RUSSO

Recipe HACCP Process: #2 Same Day Service

red/orange vegetable, ¼ cup dark green vegetable, and ½ cup bean/ legumes or .5 oz equiv meat/meat alternate (but not both) and .5 oz

equiv WGR grain.



NUTRITION INFORMATION

ill winter Spring Asumi



Winter Vegetable Soup with Noodles • 50 servings (1 cup)

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INGREDIENTS	WEIGHT	MEASURE	METHOD	NOTES
Kale, collard greens or Swiss chard	4 lb		Remove tough ribs from kale (or collard greens or Swiss chard). Cut into ½-inch pieces.	
Carrots	2 lb		Trim and peel carrots and onions. Cut into ½-inch dice.	
Onions		2 large		
Vegetable oil		⅓ cup	Heat oil in a large stockpot over medium heat. Add the onion, garlic and 1 Tblsp 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 Tblsp		
Kosher salt		2 Tblsp + 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	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	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 Tblsp	When the vegetables are tender, add 2½ gal water, 1 Tblsp salt, chicken base and pepper to the pot. Bring to a simmer and cook for 20 minutes.	
Ground black pepper		2 tsp		

[®] 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.