

Title: Tuscan Turkey Soup



Recipe Code No:

Category: Lunch Entrée

Cooking Process: #2 Same Day Service

128 Servings			
Ingredients	Weight	Measure	Directions
Turkey, cooked, diced, 1/2"	12 lb		<ol style="list-style-type: none"> 1. Thaw cooked turkey in the refrigerator. CCP: Hold at or below 41°F. 2. Rinse butternut squash under running water. Remove peel and seeds and dice into 3/4" pieces. Place in a large bowl or container. 3. Rinse onions, carrots, and celery under running water. Drain well in colander. Peel or scrub carrots. Dice onions, carrots and celery into 1/4" pieces. Add to same bowl/container with butternut squash. Set aside. 4. Rinse kale under running water and drain well. Salad spinner recommended. Fold kale leaves
Butternut squash, fresh, diced	8 lb		
Onions, fresh, diced		2 qt	
Carrots, fresh, diced		1 qt	
Celery, fresh, diced		1 qt	

Kale, fresh, rib removed, chopped	2 lb 8 oz	<p>together, remove stem and tear to cut into 1" pieces. Set aside.</p> <p>5. Rinse garlic under running water, peel and mince.</p> <p>6. Drain and rinse beans. Set aside.</p> <p>7. Preheat the tilt skillet or kettle to medium high heat. Add oil. Once oil is shimmering, add butternut squash, onion, carrots, and celery. Saute for approximately 8-10 minutes or until onion is translucent and squash is just beginning to soften.</p> <p>8. Add the garlic, and saute for 30 seconds, stirring frequently.</p> <p>9. Add beans, broth, tomatoes with juice, basil, thyme, bay leaf, black pepper and chopped kale.</p> <p>10. Bring soup to a boil and reduce to a simmer. Simmer uncovered for 30 minutes. Add turkey during the last 10 minutes.</p> <p>CCP: Heat to minimum internal temperature at or above 135°F.</p> <p>11. Serve 1 cup (~ 8.5 oz) using an 8 oz ladle. Recommend serving with a 2 oz whole grain rich roll.</p> <p>CCP: No bare hand contact with ready to eat food.</p> <p>CCP: Hold for hot service at or above 135°F.</p>
Garlic, fresh, chopped	¾ cup	
Oil, canola	¾ cup	
Beans, Great Northern, drained and rinsed	2 #10 cans	
Chicken broth, low sodium	5 gal	
Tomatoes, canned, diced	1 #10 can	
Basil, dried, leaves	¼ cup	
Thyme, dried, leaves	¼ cup	
Bay leaf	4	
Pepper, black	1 Tbsp	

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Meal Components: 2 oz Meat/Meat Alternate, ¼ cup Red/Orange Vegetable, 1/8 cup Other Vegetable

Notes:

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

Serving

1 serving provides 2 oz Meat/Meat Alternate, ¼ cup Red/Orange Vegetable, 1/8 cup Other Vegetable.

Food as Purchased for	128 Servings
Squash, Winter, fresh, Butternut, Whole	8 lb 12 oz
Onions, Mature, fresh, All sizes, whole (chopped, not diced)	4 lb 4 oz
Carrots, fresh, without tops (chopped, not diced)	1 lb 14 oz
Celery, fresh, trimmed	1 lb 11 oz
Kale, fresh, trimmed, with stem, ready-to-use	9 lb

Serving Size	1 Serving Provides	Yield
K-8: 1 cup	K-8: 2 oz Meat/Meat Alternate, ¼ cup Red/Orange Vegetable, 1/8 cup Other Vegetable	128 servings
9-AD: 1 cup	9-AD: 2 oz Meat/Meat Alternate, ¼ cup Red/Orange Vegetable, 1/8 cup Other Vegetable	128 servings

Nutrients Per Serving							
Calories	163	Cal	Sat Fat	1	g	Iron	1.5 mg
Protein	11	g	Chol	21	mg	Calcium	51 mg
Carb	20	g	Vit A	4292	IU	Sodium	434 mg
Total Fat	4	g	Vit C	11	mg	Dietary Fiber	3.5 g