



## 825740 - Tuscan Turkey Soup

Source: K12 Culinary

Number of Portions: 128

Size of Portion: cup

### Components:

Meat/Alt: 2 oz

Grains:

Fruit:

Vegetable: 0.375 cup

Milk:

### Recipe Subgroups:

Vegetable, Red/Orange

Vegetable, Other

### Attributes:

HACCP Process: #2 Same Day Service

Ingredients	Measures	Instructions
011485 SQUASH,WNTR,BUTTERNUT,RAW..... 011282 ONIONS,RAW..... 011125 CARROTS,CKD,BLD,DRND,WO/SALT..... 011144 CELERY,CKD,BLD,DRND,WO/SALT..... 011215 GARLIC,RAW..... 051532 Beans, Great Northern, Low-sodium, Canne.... 011234 KALE,CKD,BLD,DRND,WO/SALT.....	8 lbs 2 QTS (diced) 1 QT (raw, diced) 1 QT (diced) 3/4 CUP (minced) 2 #10 can 2 lbs + 8 OZS (raw, shredded)	Rinse butternut squash under running water. Remove peel and seeds and dice into ¾" pieces. Place in a large bowl or container. Rinse onions, carrots, and celery under running water. Drain well in colander. Peel or scrub carrots and dice all into ¼" pieces. Add to same bowl/container with butternut squash. Set aside. Drain and rinse beans. Set aside. Rinse kale under running water and drain well. Salad spinner recommended. Fold kale leaves together, remove stem and tear into 1" pieces. Set aside.
004582 OIL,CANOLA..... 826501 Base, Chicken, Low NA, no MSG, Sysco..... 825314 Tomatoes, Crushed, Red Gold 72940-81400... 900160 BASIL LEAF, DRIED..... 799906 THYME LEAF,DRIED..... 900164 BAY LEAVES..... 002030 PEPPER,BLACK.....	3/4 cup 5 GALS (prepared) 1 can, #10 1/4 cup 1/4 CUP (leaves) 4 each, leaf 1 TBSP (ground)	Preheat the tilt skillet or kettle to medium high heat. Add oil. Once oil is shimmering, add onion, celery, carrots, and butternut squash. Sauté for approximately 8-10 minutes or until onion is translucent and squash is just beginning to soften. Add the garlic, and sauté for 30 seconds, stirring frequently. Add beans, prepared base, tomatoes with juice, kale, basil, thyme, bay leaf, and black pepper. Bring soup to a boil and reduce to a simmer. Simmer uncovered for 30 minutes.
825156 Turkey Roast, Frozen, JennieO, 3170-04.....	12 lbs	Add turkey during the last 10 minutes. CCP: Heat to minimum internal temperature at or above 135°F. Serve 1 cup (~ 8.5 oz) using a 8 oz ladle. Recommend serving with a 2 oz whole grain rich roll according to instructions of the menu planner. <b>CCP:</b> Heat to 135° F or higher.  <b>CCP:</b> Hold for hot service at 135° F or higher

\*Nutrients are based upon 1 Portion Size (cup)

Calories	163 kcal	Cholesterol	21 mg	Sugars	*4.0* g	Calcium	50.91 mg	21.67%	Calories from Total Fat
Total Fat	3.92 g	Sodium	434 mg	Protein	11.38 g	Iron	1.65 mg	4.06%	Calories from Saturated Fat

Saturated Fat	0.74 g	Carbohydrates	20.05 g	Vitamin A	4291.7 IU	Water <sup>1</sup>	*50.38* g	*0.03%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.01* g	Dietary Fiber	3.63 g	Vitamin C	11.4 mg	Ash <sup>1</sup>	*0.43* g	49.23%	Calories from Carbohydrates
								27.94%	Calories from Protein
<p>*N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient</p> <p>* - denotes combined nutrient totals with either missing or incomplete nutrient data</p> <p><sup>1</sup> - denotes optional nutrient values</p> <p><sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.</p>									