

# STOP LIGHT PEPPER & BEAN SOUP

COMPONENTS: Meat/Meat Alternative: 2 ounces, Grains: N/A, Fruit/Vegetables/Juice: 0.5 ounces, Milk: N/A

SUBGROUPS: Legumes

YIELDS: 32 PORTIONS (1 CUP)

## INGREDIENTS:

- 1 pound plus 4 ounces raw navy beans (or any other Michigan dry beans)
- 1 gallon tap water
- 2 tablespoons low sodium chicken base (Minor's)
- 2 gallons tap water
- 2 tablespoons diced green chilies (raw)
- 2 cups diced ham (56 grams, 2 ounce GFS)
- ½ tablespoon Tabasco sauce
- 2 quarts spaghetti sauce
- 3 cups diced tomatoes (fresh) or low-sodium diced tomatoes (canned)
- 1 cups chopped sweet red peppers (raw)
- 2 cups chopped sweet green peppers (raw)
- 1 cup chopped sweet yellow peppers (raw)
- 1 ½ cup chopped onions (raw)
- 1 quart corn (fresh or cut IQF 90 grams)
- ¼ cup chopped fresh cilantro

## PREPARATION:

1. All one type of bean, or a mixture of dry beans, may be used. Wash and soak dry beans in water overnight under refrigeration at 41 degrees Fahrenheit or less. Discard water in the morning. Note: If cooking soup in steam jacketed kettle, the soaking process may be skipped. 6 cups of canned beans may be substituted for each pound of dry beans in this recipe, though be mindful that sodium levels will increase. Subtract 1 quart of stock per gallon of soup if canned beans are used.
2. Combine chicken base with water and bring stock to a boil.
3. Add green chilies, diced ham, Tabasco sauce, spaghetti sauce, tomatoes and beans.
4. Clean and dice peppers and onions. Add vegetables to soup. Continue to simmer soup for a minimum of 3 hours to cook the beans until tender.
5. Add corn and cilantro. Bring to a boil and simmer for 20 minutes. Serve 1 cup portions.

**Note:** The flavor of this soup will develop and be better when prepared a day ahead of service, which would make it Hazard Analysis and Critical Control Point (HACCP) Process #3 Complex Food Preparation.

**CCP:** Cool to 70 F within 2 hours and from 70-41 F or lower within an additional 4 hours.

**CCP:** Heat to 165 F or higher for at least 15 seconds.

# HOW IT'S MADE



# NOURISHMENT

## NUTRITIONAL CONTENT:

Calories: 123 kcal

Calories from total fat: 11.14%

Calories from saturated fat: 1.43%

Total fat: 1.52 g

Cholesterol: 5 mg

Sodium: 256 mg

Protein: 7.16 g

Vitamin A: 105.1 RE

Calcium: 66.58 mg

Iron: 1.68 mg

Saturated fat: 0.2 g

Calories from trans fat: \*0%\*

Calories from carbohydrates: 71.39%

Calories from protein: 23.28%

Trans fat<sup>1</sup>: \*0.00\* g

Carbohydrates: 21.95 g

Dietary fiber: 5.64 g

Vitamin A: 548.3 IU

Vitamin C: 29 mg

Water<sup>1</sup>: \*382.36\* g

Ash<sup>1</sup>: \*1.06\* g

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\*N/A\* - Denotes a nutrient that is either missing or incomplete for an individual ingredient. \* - Denotes combined nutrient totals with either missing or incomplete nutrient data. <sup>1</sup> - Denotes optional nutrient values.