

Recipe Name:

Chickpea Cream Soup

Recipe #: MB90040572

Number of Servings: 156

Portion Size: 6 oz

Cost per Serving: \$ 0.26

Ingredients

Diets

1 1/2 Cup	Oil, olive, blend 85/15
10 Lb	Onions, fresh, yellow
1/4 Lb, 3 oz	Garlic clove, whole, fresh
3/4 Cup	Soup base, VEGETABLE, LOW SODIUM no MSG
3 Gal	Water, boiling
66 Cup, Drained	Beans, garbanzo, cnd, (rinse and drain before use)
1 3/4 #10 Can	Tomato, diced, jce pak, cnd
1 Tbsp	Spice, pepper, black, ground
1/4 Cup	Rosemary, fresh
1/4 Lb, 2 oz	Vinegar, balsamic
3/4 Lb	Cheese, parmesan, grated

This recipe is also suitable for the following diets:

MECH SOFT
DYSPHAGIA MECH
PUREE
CCHO

FINGER FOOD: Serve in a Cup or Mug.

NOT APPROPRIATE for the following diets. Refer to Spreadsheet.

LIBERAL HOUSE RENAL
RENAL
2 GRAM
HEART HEALTHY

TO SAFELY MANAGE FOOD ALLERGIES CONTINUALLY REVIEW INGREDIENT LABELS ON CURRENT FOOD INVENTORY.

Directions

NOTE: NOT ALLOWED FOR INDIVIDUALS REQUIRING THICKENED LIQUIDS! THICKEN TO THE ORDERED CONSISTENCY BEFORE SERVING.

CCP: Under cool, running water rinse whole, peeled onions and garlic; fresh rosemary. DICE onions. MINCE garlic and rosemary. Cover and refrigerate (41°F) until needed in recipe.

CCP: Drain and rinse beans. Cover and refrigerate (41°F) until needed in recipe.

1. Heat the oil in large stock pot over medium heat. Add onions and garlic. Saute until soft.
2. Add soup base, water, DRAINED beans, tomatoes, black pepper and rosemary. Bring to boil, then reduce heat. Cover and simmer for 20 minutes.
3. Remove from heat. Using an immersion blender, PUREE soup until SMOOTH. Return to heat and stir in balsamic vinegar. Heat through.

NOTE: Cool soup slightly. Working in batches, puree soup in a BLENDER until a smooth mixture is achieved.

CCP: Hold at 140°F or higher for meal service.

4. Using a 6 oz ladle, serve 6 oz per portion.
5. Sprinkle each portion with 1 tsp parmesan cheese.

Critical Control Points

CCP: Cook to a minimum of 145°F.

CCP: Finished product must maintain a MINIMUM temperature of 135°F or 140°F (BASED ON CURRENT STATE REGULATIONS) during entire service period. Keep covered whenever possible.

CCP: Discard any pureed and/or ground portions issued to the service line.

CCP: Discard unused product. Quality cannot be maintained during storage and/or reheating.

CCP: Transfer unserved product into shallow 2" deep pans with a product depth no greater than 2". Cover loosely. Quick chill.

CCP: Take and record temperature every hour during chill down. Must go from 140°F to 70°F in 2 hours, from 70°F to 41°F in an additional 4 hours.

CCP: Cover, label and date. Refrigerate at or below 41°F for up to 3 days (based on quality maintained).

CCP: Remove from refrigeration, transfer into clean 2" deep pans. Immediately place in preheated 350°F oven, covered.

CCP: Reheat food to 165°F for 15 seconds within two hours.

CCP: Discard unused product.

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Nutrients

Portion Size: **6 oz**

Nutrient	Portion	100grs.	Nutrient	Portion	100grs.	Nutrient	Portion	100grs.
Calories	147.09	69.47	Sodium (mg)	261.91	123.70	Iron (mg)	0.99	0.47
Total Fat (g)	4.66	2.20	Carbohydrate (g)	21.13	9.98	Calcium (mg)	71.33	33.69
Sat Fat (g)	0.81	0.38	Fiber (g)	5.55	2.62	Potassium (mg)	194.56	91.89
Cholesterol (mg)	1.88	0.89	Protein (g)	6.31	2.98	Phosphorus (mg)	85.35	40.31