

The Best Tomato Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Process #3-Complex meal prep

YIELD

50 Servings

100 Servings

Skill Level: Intermediate

Ingredients	Weight	Measure	Weight	Measure
Roma Tomatoes (cut in half)	5 lbs.		10 lbs.	
Onion (cut in large chunks)		10		20
Carrot (cut in 1-inch long sections)	3 lbs. 8 oz.		7 lbs.	
Garlic		20 cloves		40 cloves
Basil	1 lb. 4 oz. OR	2 ½ cups	3 lbs. OR	1 ¼ quarts
Canned Diced Tomatoes, reduced sodium		1 ½ -#10 can		3 -#10 cans
Oil		2 ½ cups		1 ¼ quarts Or (5 cups)
Vegetable stock, low sodium		1 – 1 1/8 gallons		1 ½ - 2 ½ gallon
Salt		1/3 cup		2/3 cup
Black Pepper		1/3 cup		2/3 cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.

Preparation

1. Preheat oven to 400 degrees Fahrenheit.
2. Line four large sheet pans with parchment paper and place halved tomatoes, garlic, onion and carrots on the baking sheet. Drizzle vegetables with oil and sprinkle with salt and pepper. Bake the vegetables in the oven for 30-45 minutes or until carrots are fork tender and garlic is golden brown.
3. Add vegetable mixture to a large stock pot or steam jacketed kettle, along with canned tomatoes, basil, salt and pepper, put on medium heat. Add enough vegetable stock to cover vegetable. Bring just to a boil and then turn down to a simmer for 30-40 minute. Remove pot from heat.
4. Using an immersion blender to carefully blend to desired smoothness. (Can also put in blender in batches to purée)

HAACP- Critical Control Point- Reheat to internal temperature of 165°F for at least 15 seconds

**If preparing ahead of service, you can refrigerate at this point. After blending (or removing from refrigerator, if made before service), place soup back on the heat source, continue simmering, or heat on medium until soup reaches 165 degrees for 15 seconds.

**As soup is heating you can add additional stock to achieve desired thickness.

**Soup can be adjusted with salt or sugar to achieve a balanced flavor



THE HUMANE SOCIETY
OF THE UNITED STATES

forwardfood.org | 1

The Best Tomato Soup Continued

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE FOR K12 AND CHILDCARE PROGRAMS

Serving Information

Use 8-ounce ladle or 1 cup serving to provide 1/2 cup red/orange vegetable.

OR

Use a 4-ounce ladle or 1/2 cup serving to provide 1/4 cup red/orange vegetable serving.

Nutrition Information per 1 cup serving *From USDA Nutrient Database

Calories: 159 Total Fat: 11g Saturated Fat: 0.8g Monounsaturated Fat: 7g Polyunsaturated Fat: 3.2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 14g Fiber: 4g Total Sugar: 7.4g Protein: 2.3g Sodium: 739mg Vitamin A: 314µg Vitamin C: 20mg Calcium: 69mg Iron: 1.4mg Folate: 26µg

