

Idaho Department of Education

Recipe: 000164 Tuscanoodle Soup K-8

Recipe HACCP Process:

Recipe Source:
Recipe Group: ENTREES

Alternate Recipe Name:
Number of Portions: 100
Size of Portion: 8 ounces

011143 CELERY,RAW..... 011282 ONIONS,RAW..... 011477 SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW..... 902473 USDA Green Beans, Low-sodium 100307.....	4 LB 6 1/3 LB 2 LB 1 1/3 #10 Can	<p><u>Prepare Ingredients:</u> Medium dice celery and onions. Large dice zucchini. Drain green beans.</p>
902472 USDA Rotini, Whole Grain 100434.....	3 LB	<p><u>Cook Pasta:</u> Cook according to package directions until al'dente (fully cooked, but not too soft) and cool by rinsing under cold water. Note: DO NOT OVERCOOK PASTA.</p>
902443 Turkey, ground..... 900771 GARLIC,GRANULATED..... 002038 SAGE,GROUND..... 799906 THYME LEAF,DRIED..... 002047 SALT, TABLE..... 002030 PEPPER,BLACK..... 902448 USDA Carrots, Frozen, Sliced, 30# 100352..... 902449 USDA Tomatoes, Diced, NSA, CND, #10 100329... 900083 SOUP,CHICK BROTH,LO NA,CND..... 011457 SPINACH,RAW..... 001146 CHEESE,PARMESAN,SHREDDED.....	9 LB 1/2 CUP 1/4 CUP 1/4 CUP, leaves 2 TBSP 2 TBSP, ground 5 1/8 LB 1 1/8 # 10 Can 4 GAL 4 LB 2 CUP	<p><u>Assemble Soup:</u> In a large pot or tilt skillet, brown ground turkey. Add celery, onion, granulated garlic, sage, thyme, salt and pepper and cook until onions become opaque (frosted-clear color). Add carrots, undrained diced tomatoes, drained green beans, and chicken broth. Simmer for 20 minutes. Add zucchini, spinach and noodles. Continue cooking for 5 minutes.</p> <p><u>Serving Directions:</u> Due to moisture and cooking time, soup serving size may vary. It is recommended that schools measure total cooked soup and divide by the number of servings to determine accurate portion sizes.</p> <p>Ladle soup in bowls and sprinkle 1 tsp. parmesan cheese and serve.</p>

*Nutrients are based upon 1 Portion Size (8 ounces)

Calories	153 kcal	Cholesterol	24.55 mg	Protein	14.42 g	Calcium	*91.55* mg	27.41%	Calories from Total Fat
Total Fat	4.67 g	Sodium	371.00 mg	Vitamin A	*179.56* RE	Iron	*2.29* mg	9.13%	Calories from Saturated Fat
Saturated Fat	1.56 g	Carbohydrates	15.40 g	Vitamin A	*2067.73* IU	Water ¹	*216.02* g	*0.00%*	Calories from Trans Fat
Trans Fat ¹	*0.00* g	Dietary Fiber	4.09 g	Vitamin C	*15.44* mg	Ash ¹	*1.42* g	40.13%	Calories from Carbohydrates
								37.59%	Calories from Protein

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

¹ - denotes optional nutrient values

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Miscellaneous		Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... 1.000 oz					? - Milk
Grain..... 0.500 oz					? - Egg
Fruit..... cup					? - Peanut
Vegetable..... 0.750 cup					? - Tree Nut
Milk..... cup					? - Fish
Moisture & Fat Change					? - Shellfish
Moisture Change. 0%					? - Soy
Fat Change..... 0%					? - Wheat
Type of Fat.....					

Production Specification

I/R	Ing #	Ingredient or Sub-Recipe	Measure	Measure	Round
I	011143	CELERY,RAW			
I	011282	ONIONS,RAW			
I	011477	SQUASH,SMMR,ZUCCHINI,INCL SKN,RAW			
I	902473	USDA Green Beans, Low-sodium 100307			
I	902472	USDA Rotini, Whole Grain 100434			
I	902443	Turkey, ground			
I	900771	GARLIC,GRANULATED			
I	002038	SAGE,GROUND			
I	799906	THYME LEAF,DRIED			
I	002047	SALT, TABLE			
I	002030	PEPPER,BLACK			
I	902448	USDA Carrots, Frozen, Sliced, 30# 100352			
I	902449	USDA Tomatoes, Diced, NSA, CND, #10 100329			
I	900083	SOUP,CHICK BROTH,LO NA,CND			
I	011457	SPINACH,RAW			
I	001146	CHEESE,PARMESAN,SHREDDED			

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