

SRIRACHA TOMATO AND RICE SOUP

This spicy twist on a classic soup will quickly become a student favorite.

ONE ¾ CUP PORTION PROVIDES:

1 oz. eq. whole grain, ½ cup vegetable



INGREDIENTS	50 SERVINGS	DIRECTIONS
U.S.-Grown Rice, brown, long grain, parboiled, dry	3 ¼ pounds	1. Combine rice and water into a steamtable pan. Stir to combine. Cover tightly. <ul style="list-style-type: none"> • OVEN METHOD: Cook in a 350 °F oven for 35 to 40 minutes. • STEAMER METHOD: Cook in a steamer for 25 to 30 minutes. CCP: Heat to 135 °F for at least 15 seconds.
Water	3 ¼ quarts	
Oil, vegetable	¾ cup	4. Heat oil in a steam-jacketed kettle or stock pot.
Onion, diced, frozen	3 pounds	5. Add onions and sauté until translucent.
Salt, kosher	1 tablespoon	6. Add salt, pepper, and tomato paste. Sauté for 5 minutes.
Pepper, black	1 teaspoon	
Tomato paste	4 ounces	
Tomato, diced with juice, unsalted	4 ½ quarts (1.5 # 10 can)	7. Add tomatoes and vegetable stock. Bring to a simmer for 30 minutes to blend flavors.
Vegetable stock, low sodium	3 quarts	

Beans, cannellini, drained, rinsed	3 pounds	8. Add cannellini beans and simmer an additional 15 minutes. 9. Puree soup with an immersion blender until smooth.
Sriracha sauce	½ cup	10. To serve: <ul style="list-style-type: none"> • Place ½ cup (#8 scoop) of hot, cooked rice into the soup bowl. • Top with 6-ounce ladle of tomato soup. • Drizzle with ½ teaspoon of sriracha. <p><i>Note: sriracha can be added to soup and stirred in after pureeing rather than used as a garnish.</i></p>

NUTRITION INFORMATION

1 serving = ¾ cup soup, ½ cup rice

NUTRIENTS	AMOUNT	UNIT	NUTRIENTS	AMOUNT	UNIT
Calories	210		Total Carbohydrate	37	(g)
Total Fat	4.5	(g)	Dietary Fiber	5	(g)
Saturated Fat	.5	(g)	Total Sugars	0	(g)
Cholesterol	0	(mg)	Vitamin D	0	(IU)
Sodium	260	(mg)	Calcium	25	(mg)
Protein	5	(g)	Iron	1	(mg)

NOTES

Leftover rice: cool from 135 °F to 70 °F in 2 hours and from 70 °F to 41°F in 4 more hours.
Leftover soup: cool from 135 °F to 70 °F in 2 hours and from 70 °F to 41°F in 4 more hours.

YIELD/VOLUME

Soup: 9 quarts, 1 ½ cups
Rice: 25 cups

SOURCE

Samantha Cowens-Gasbarro, Healthy School Recipes

Recipe Analysis Workbook (RAW)






Recipe Name: Sriracha Tomato & Rice Soup

Servings per Recipe: 50

Recipe Number:

Serving Size: .75 cup

Meal Pattern Contribution

	Vegetables ¹	Additional Vegetables	$\frac{1}{8}$ cup
	Vegetables	Beans and Peas (Legumes)	0 cup
	Vegetables	Red/Orange Vegetables	$\frac{3}{8}$ cup
	Vegetables	Other Vegetables	0 cup
	Grains		1.00 oz eq

.75 cup provides $\frac{1}{2}$ cup total vegetable ($\frac{1}{8}$ cup additional vegetable, $\frac{3}{8}$ cup red/orange vegetable), 1.00 oz eq grains

Please note that:

¹ **For School Meals Only:** Any quantity remaining after the credit has been determined for each vegetable subgroup is combined to ensure the maximum credit for the vegetables. If this combined quantity provides a minimum of 1/8 cup, it is credited towards the Additional Vegetables. If the RAW contains no Starchy vegetables, then the program operator may instead choose to manually credit the remaining Additional Vegetables towards the Other Vegetables subgroup.

NOTE: Total creditable amount cannot exceed the serving size of the product.

Beans and Peas (Legumes)

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Beans, puree. (Includes: black, black-eyed, garbanzo, navy, pinto beans)	Pound	6.76	1/4 cup pureed vegetable		3.0000	0.0000	3.0000

Red/Orange Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Tomato Products, Canned Tomato Paste, 24%-28% Natural Tomato Soluble Solids (NTSS), Includes USDA Foods	Pound	27.60	1 tablespoon paste (1/4 cup vegetable)		0.2500	0.0000	0.2500
Tomatoes, canned, Diced, Includes USDA Foods	No. 10 Can (102 oz)	49.20	1/4 cup heated vegetable and juice	1 No. 10 can = about 12-1/4 cups heated, tomatoes and juice	1.5000	0.0000	1.5000

Other Vegetables

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Preparation Yield (If applicable)	Calculated Quantity to Purchase
Onions, Mature, frozen, Chopped	Pound	5.94	1/4 cup cooked vegetable	1 lb AP = 0.67 lb (about 1-3/8 cups) cooked onion	3.0000	0.0000	3.0000

Method B - Grains Based on FBG

Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution	Additional Information	Quantity of Ingredient	Calculated Quantity to Purchase
Rice (Group H), Brown, Long grain, Parboiled, Dry, Includes USDA Foods	Pound	15.50	1/2 cup cooked	1 lb dry = about 2-1/8 cups dry brown rice; 1 lb dry = about 7-3/4 cups cooked; 1 cup dry = about 3-5/8 cups cooked	3.2500	3.2500