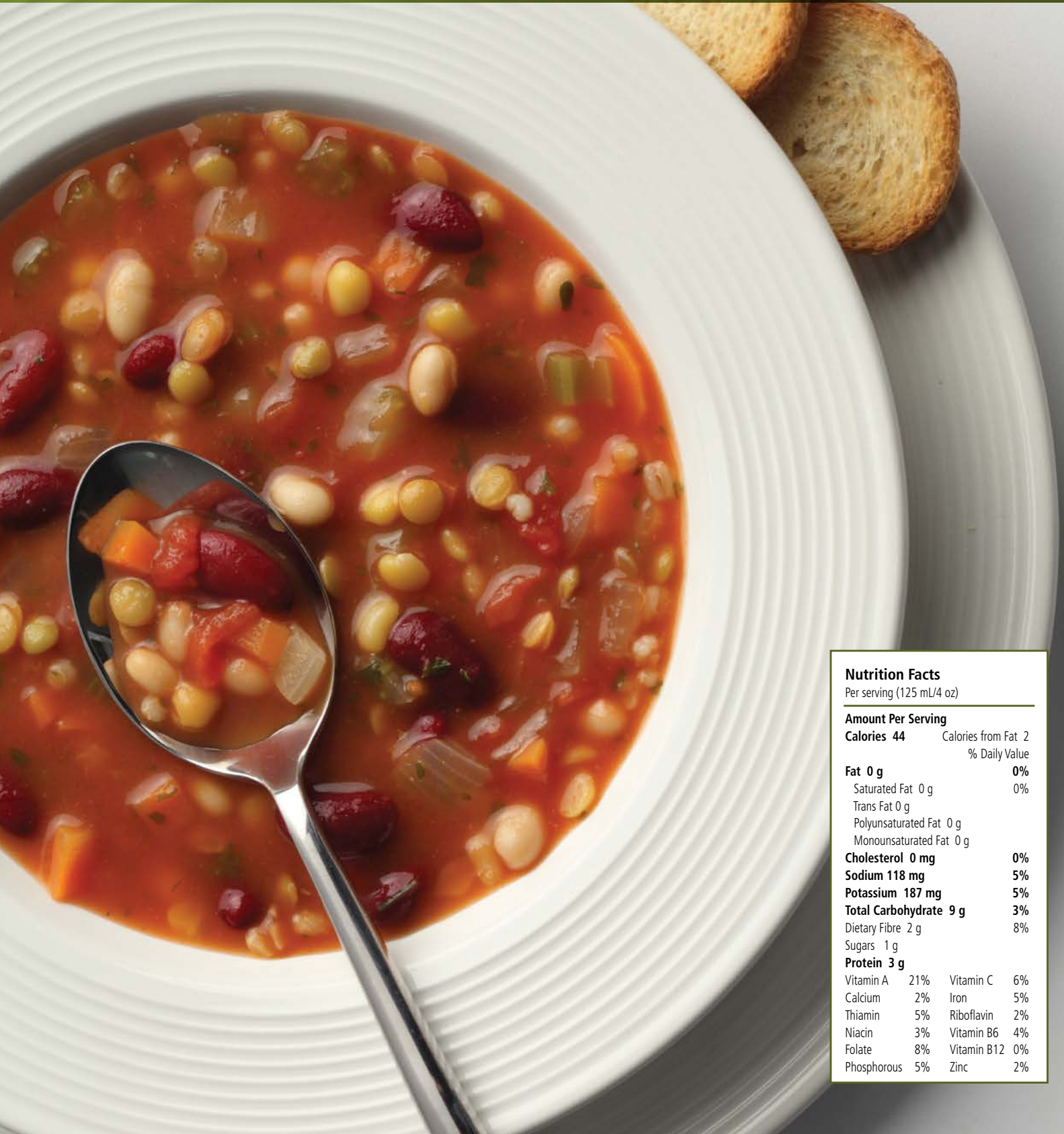


Hearty Bean Soup



Nutrition Facts

Per serving (125 mL/4 oz)

Amount Per Serving

Calories 44 Calories from Fat 2
% Daily Value

Fat 0 g **0%**

Saturated Fat 0 g 0%

Trans Fat 0 g

Polyunsaturated Fat 0 g

Monounsaturated Fat 0 g

Cholesterol 0 mg **0%**

Sodium 118 mg **5%**

Potassium 187 mg **5%**

Total Carbohydrate 9 g **3%**

Dietary Fibre 2 g 8%

Sugars 1 g

Protein 3 g

Vitamin A 21% Vitamin C 6%

Calcium 2% Iron 5%

Thiamin 5% Riboflavin 2%

Niacin 3% Vitamin B6 4%

Folate 8% Vitamin B12 0%

Phosphorous 5% Zinc 2%



Hearty Bean Soup



STEP INSTRUCTIONS

- 1 Soak white beans in water overnight. Water should be double the height of the beans. Drain water and rinse beans on day of production.
- 2 On day of production:
Boil white beans and split peas in water until soft. Drain, do not save liquid.
- 3 Combine all ingredients listed for step 2. Add white beans and split peas.
- 4 Simmer until white beans and split peas are fully cooked. Add drained and rinsed kidney beans.

NOTES:

Substitution of fresh vegetables for dehydrated, or frozen vegetables may occur. Liquid volume may need to be adjusted.

Substitution of pulses may occur. Prepare pulses as recommended on pages 9 and 10 of the Pulse Potential manual.

Re-heat to 74°C (165°F) in a steam jacketed kettle or covered insert in steamer.

Please Note: In the 50 servings column the cups, tbsp, and tsp measures are rounded for convenience. Please refer to the bracketed amounts for a closer representation of the nutrition panel.

NUMBER OF SERVINGS

STEP	INGREDIENTS	50	100	250	500
1	White Beans, Dry	½ cup (100 g)	200 g	500 g	1 kg
	Yellow Peas, Split, Dry	⅔ cup (125 g)	250 g	625 g	1.25 kg
2	Water	16 cups (4 L)	8 L	20 L	40 L
	Vegetable Soup Base	⅓ cup (130 g)	260 g	650 g	1.3 kg
	Onions, Dried	3 tbsp (9 g)	18 g	45 g	90 g
	Celery, Frozen, Diced	1 ⅔ cups (200 g)	400 g	1 kg	2 kg
	Pot Barley, Dry	⅓ cup (75 g)	150 g	375 g	750 g
	Green Lentils, Whole, Dry	½ cup (100 g)	200 g	500 g	1 kg
	Tomatoes, Canned, Diced	2 cups (450 mL)	850 mL	2 L	4.2 L
	Tomatoes, Canned, Crushed	3 cups (700 mL)	1.3 L	3.3 L	6.6 L
	Parsley, Dried	¼ cup (4 g)	8 g	20 g	40 g
	Garlic Powder	2 tsp (6 g)	12 g	30 g	60 g
	Salt	1 tsp (5 g)	10 g	25 g	50 g
3	Carrots, Frozen, Diced	1 ⅔ cups (250 g)	500 g	1.3 kg	2.5 kg
	Red Kidney Beans, Canned	1 ¼ cups (300 mL)	600 mL	1.5 L	3 L