

Pamlico County Schools

Recipe: 001621 Soup, Vegetable Taco
 Recipe Source: PCS
 Recipe Group: VEGETABLES

Recipe HACCP Process: #2 Same Day Service

Alternate Recipe Name:
 Number of Portions: 100
 Size of Portion: 1 cup

<p>900092 Vegetables, Mixed, Frz,* 4-5-way..... 10 1/4 LB 947270 Sauce, Spaghetti: Pouch..... 2 bag, 900232 Tomatoes, diced, canned..... 1 #10 can 947159 Beans, Refried..... 1 #10 can 902200 Sugar, Granulated..... 2 TBSP 947312 Seasoning, Taco, CF Sauer..... 4 OZ 990155 Onion, Dehydrated, McCormick..... 1/2 CUP, dry 902218 Pepper, Black..... 2 TBSP 900070 Parsley, Flakes, Dried..... 2 TBSP 990191 Base, Chicken, Lo Sodium, No MSG, Sysco.... 1/2 CUP, dry + 2 TBSP, dry 900052 Water, Municipal, faucet..... 2 GAL</p>	<p>CCP: Cool to 70° F within 2 hours and from 70° F to 41° F or lower within an additional 4 Hours</p> <p>CCP: Refrigerate Leftovers Batch Cook- Follow manager's instructions.</p> <ol style="list-style-type: none"> 1. Wipe tops of cans with sanitized cloth. 2. Open all vegetables pour all contents into kettle or large pot on stove top. 3. Add water and other seasoning ingredients Blend. 4. Heat soup to 165° by using medium heat. Simmer until vegetables are done. 6. Pour soup into 4-6 inch deep half sized pans. Place on serving line or in warmer. <p>Optional: Sprinkle parsley on top.</p> <p>Portion: Use the 8 ounce soup ladle to provide 1 cup of soup. CN: 1/2 cup of vegetable.</p> <p>Leftovers: Serve within the next three days. Note: Potentially hazardous food may not be reheated more than once.</p> <p>Leftovers use with 3 days! CCP: Cool Down for one stage cooling: Food must be cooled quickly from 140 to 41°F (60 to 5°C) within 4 hours. Cool Down for two-stage cooling: Within 2 hours food should be cooled to 70°F (21°C) and within 4 hours it should be 41°F (5°C) for a total of 6 hours. Final cooking or cooling temperatures should never be guessed by looking or touching. Store in cooler.</p> <p>Reheating: Reheat all foods rapidly. The total time for heating foods to 165 degrees for 15 seconds should not exceed a total of 2 hours. Serve reheated food immediately or transfer to an appropriate hot holding unit.</p> <p>CCP: Heat to 165° F or higher for at least 15 seconds</p>	
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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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*Nutrients are based upon 1 Portion Size (1 cup)

Calories	124 kcal	Cholesterol	2.64 mg	Sugars	*5.39* g	Calcium	45.02 mg	19.96%	Calories from Total Fat
Total Fat	2.76 g	Sodium	237.33 mg	Protein	4.82 g	Iron	1.65 mg	4.07%	Calories from Saturated Fat
Saturated Fat	0.56 g	Carbohydrates	20.33 g	Vitamin A	1095.57 IU	Water ¹	76.65 g	*0.00%*	Calories from Trans Fat
Trans Fat ²	*0.00* g	Dietary Fiber	4.54 g	Vitamin C	13.91 mg	Ash ¹	0.09 g	65.45%	Calories from Carbohydrates
								15.53%	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
² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

Miscellaneous	Attributes	Allergens Present	Allergens Absent	Allergens Unidentified
Meat/Alt..... oz				? - Milk
Grain..... oz				? - Egg
Fruit..... cup				? - Peanut
Vegetable..... 0.500 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	900092	Vegetables, Mixed, Frz,* 4-5-way			
I	947270	Sauce, Spaghetti: Pouch			
I	900232	Tomatoes, diced, canned			
I	947159	Beans, Refried			
I	902200	Sugar, Granulated			
I	947312	Seasoning, Taco, CF Sauer			
I	990155	Onion, Dehydrated, McCormick			
I	902218	Pepper, Black			
I	900070	Parsley, Flakes, Dried			
I	990191	Base, Chicken, Lo Sodium, No MSG, Sysco			
I	900052	Water, Municipal, faucet			

Notes

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Pamlico County Schools

Page 3

Recipe

Dec 12, 2016

Production Notes:

Spaghetti pouch - 2 pouches
Tomato Diced 1 #10 can
Mix Veg - 10.25 lbs

Serving Notes:

Purchasing Guide:

Miscellaneous Notes:

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