



Total Time  
**30 MIN.**

Serving & Size  
**1 CUP (8 OZ LADLE)**


Difficulty  
**EASY**

Easy to prepare, flavorful vegetable soup made with Swanson® Unsalted Chicken Broth with under 200 mg of sodium per serving.

Yields  
**50**

Nutrition Facts	
Serving Size	1 CUP (8 OZ LADLE)
Amount Per Serving	
<b>Calories</b>	47
% Daily Value	
<b>Total Fat</b> 0.1g	<b>0%</b>
<b>Saturated Fat</b> 0g	<b>0%</b>
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 176mg	<b>7%</b>
<b>Total Carbohydrate</b> 8.8g	<b>3%</b>
<b>Dietary Fiber</b> 2g	<b>8%</b>
<b>Protein</b> 3.1g	<b>6%</b>
Vitamin A 0%	Vitamin C 9%
Calcium 3%	Iron 4%

**INGREDIENTS** **WEIGHT** **MEASURE**

	<b>Swanson® Unsalted Chicken Broth</b>	2	gallons
	low-sodium canned diced tomatoes, #10 can	102	oz. 1 ea.
	celery, chopped	10	oz. 2 1/2 cups
	onion, chopped	1	lb. 2 667/1000 cups
	salt		1/2 tsp.
	black pepper, ground		1 tsp.
	dried parsley flakes		1/4 cups
	granulated garlic	1	oz. 2 tbsp.
	onion powder	1	oz. 2 tbsp.
	canned low sodium whole kernel corn	19	oz. 2 3/4 cups
	canned low sodium diced carrots, drained	18	oz. 2 1/2 cups
	canned low sodium green beans, drained	15	oz. 3 1/2 cups
	canned low sodium green peas	18	oz. 2 1/2 cups

**TIP**

A batch of 50 servings makes about 27 lbs + 4 oz or about 3 gal. + 2 cups of soup.

Try substituting frozen vegetables for canned in this recipe.

Measure salt carefully in this recipe to control the sodium content.

Meal Contributions: Vegetable- 1/2 cup TOTAL (1/2 additional).

- INSTRUCTIONS**
1. Combine stock, tomatoes, celery, onions, salt, pepper, parsley, granulated garlic, and onion powder. Bring to boil. 2. Reduce heat and cover. Simmer for 20 minutes.
  3. Add corn, carrots, green beans, and green peas.
  4. Cover and simmer for 15 minutes, or until vegetables are tender.  
CCP: Heat to 165° F or higher for at least 15 seconds.  
CCP: Hold for hot service at 140° F or higher .
  5. Pour into serving pans.
  6. Portion with an 8 oz ladle (1 cup).