

Fall Vegetable Medley Soup

Makes: 6 or 50 servings

6 Servings 50 Servings

Ingredients	Weight	Measure	Weight	Measure
Onions, diced		1 cup		2 1/8 qt
Carrots, diced		1 cup		2 1/8 qt
Celery, diced		1 cup		2 1/8 qt
Sweet potatoes, diced		1 cup		2 1/8 qt
Garlic cloves, minced		1 1/2 cloves		16 2/3 cloves
Butternut Squash, cubed		3 cups		1 1/2 gallons
Honey		1/3 Tbsp		2 3/4 Tbsp
Kidney beans		14 oz		1 #10 can
Chicken Stock		1 1/2 qt		3 1/4 gal
Bacon, diced		2 strips	1 lb	
Red Pepper Flakes		1/2 tsp		1 3/8 Tbsp
Rice, brown, cooked		1/4 cup		2 1/8 cup
Salt & Pepper		to taste		to taste
Sage, freshly sliced		3/4 tsp		6 1/4 tsp
Parmesan cheese		1 tap		1 cup



Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	NA	
Total Fat	NA	
Protein	NA	
Carbohydrates	NA	
Dietary Fiber	NA	
Saturated Fat	NA	
Sodium	449 mg	

Directions

1. Using a large tilt skillet or jacketed steam kettle, add the diced bacon and saute until completely cooked. Remove the bacon to a plate lined with paper towels
2. Add the onion, carrot, celery, sweet potato and red pepper flakes and cook for about 5 minutes. Add the garlic and squash and continue to sweat until the vegetables have softened, about 12 - 15 minutes.
3. Add the stock, rice and honey to the vegetables. Bring to a simmer and cook until rice is done, about 10 minutes. Add the beans and fresh sage leaves. Continue cooking until soup reaches 140 degrees F.
4. Serve with grated parmesan cheese on top.

