

White Bean Vegetable Soup

Makes: 50 or 200 Servings

50 Servings

200 Servings

Ingredients	Weight	Measure	Weight	Measure
Canned Navy beans, drained	4 lb 2 oz (1 #10 can)		16 lb 8 oz (4 #10 cans)	
Beef broth		1 1/2 gal		6 gal
Shredded green cabbage	2 lb 4 oz		9 lb	
Carrots, grated	1 lb 8 oz		6 lb	
Onion, chopped	1 lb		4 lb	
Thyme leaves, dried		1 1/2 tsp	1/4 oz	2 Tbsp
Cayenne pepper		1 1/2 tsp	1/4 oz	2 Tbsp
Garlic powder		1 1/2 tsp	2/3 oz	2 Tbsp
Bay leaves		3 leaves		8 leaves
Diced canned tomatoes with juice	6 lb (1 #10 can)		24 lb (3 3/4 #10 cans)	

Nutrition Information

Nutrients	Amount
Calories	68
Total Fat	1 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	529 mg
Total Carbohydrate	N/A
Dietary Fiber	3 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	4 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

Sugar	1 1/2 Tbsp	2 Tbsp
Salt (optional)	1 Tbsp	4 Tbsp

Directions

1. Bring beans and broth to a boil.
2. Add cabbage, carrots, onions, thyme, cayenne, garlic and bay leaves. Bring to a second boil, reduce heat, and simmer until vegetables are tender, about 20 minutes.
3. Add tomatoes and sugar and bring to a boil. Reduce heat, simmer for 5 minutes. Remove bay leaves. Add salt to taste. Serve hot.

Source: Northharvest Bean Growers Association