



# Greens and Beans Soup

The spice combination in this North African dish is sure to delight your taste buds. The paprika, cumin, cinnamon, ginger, and thyme provide an aromatic blend of scents and introduces children to new flavors. These spices are often combined to be used as rubs for meats or sprinkled on roasted vegetables.

### CACFP CREDITING INFORMATION

$\frac{2}{3}$  cup (No. 6 scoop) provides Legume as Meat Alternate: 1½ oz equivalent meat alternate and  $\frac{1}{4}$  cup vegetable OR Legume as Vegetable:  $\frac{5}{8}$  cup vegetable.

### SOURCE

Team Nutrition CACFP Multicultural Recipe Project.

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Canola oil		$\frac{1}{4}$ cup		$\frac{1}{2}$ cup	<b>1</b> Heat oil in stockpot on medium–high heat.  For 25 servings, use a medium stockpot. For 50 servings, use a large stockpot.  <b>2</b> Add onions and sweet potatoes, sauté until onions are soft. Do not brown.  <b>3</b> Add garbanzo beans and dried spices. Continue cooking, stirring frequently, for 1 minute or until seasonings have fully coated the vegetables.
*Onions, fresh, peeled, $\frac{1}{4}$ " diced	8 oz	2 cup	1 lb	1 qt	
*Sweet potatoes, fresh, peeled, $\frac{1}{2}$ " cubed	12½ oz	2¾ cup	1 lb 9 oz	1 qt 1½ cup	
Garbanzo beans (chickpeas), low-sodium, canned, drained, and rinsed	3 lb 9 oz	2 qt 1¾ cup (12½ cup No. 10 can)	7 lb 2 oz	1 gal 1 qt 1 cup (2 No. 10 cans)	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Paprika, dried, ground		2 tsp		1 Tbsp 1 tsp	
Cinnamon, dried, ground		2 tsp		1 Tbsp 1 tsp	
Ginger, dried, ground		2 tsp		1 Tbsp 1 tsp	
Cumin, dried, ground		2 tsp		1 Tbsp 1 tsp	
Thyme, dried, ground		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Salt, table		2 tsp		1 Tbsp 1 tsp	
Black pepper, ground		1 tsp		2 tsp	
*Collard greens, raw, stems removed, chopped into long, thick strips (chiffonade), packed	1 lb 2¾ oz	1 gal 1 qt 1 cup	2 lb 5½ oz	2 gal 2 qt 2 cup	<b>4</b> Add collard greens and cook for 1 minute, stir frequently.
Salsa, tomato, traditional (not chunky)	9 oz	1 cup (⅓ No. 10 can)	1 lb 2 oz	2 cup (¼ No. 10 can)	<b>5</b> Add salsa and 1 cup of water. Bring to a boil.
Water		2 qt ⅓ cup		1 gal ⅔ cup	
					<b>6</b> Reduce heat to medium and simmer covered for 25–30 minutes or until sweet potatoes are tender. Note: check frequently to make sure stew is not sticking to the bottom of the pot. Add more water if needed.  Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					<b>7</b> Serve ⅔ cup (No. 6 scoop).  Critical Control Point: Hold at 140 °F or higher.



**NUTRITION INFORMATION**

For 2/3 cup (No. 6 scoop).

NUTRIENTS	AMOUNT
<b>Calories</b>	<b>134</b>
<b>Total Fat</b>	<b>4 g</b>
Saturated Fat	0 g
Cholesterol	N/A
<b>Sodium</b>	<b>375 mg</b>
<b>Total Carbohydrate</b>	<b>20 g</b>
Dietary Fiber	6 g
Total Sugars	4 g
Added Sugars included	N/A
<b>Protein</b>	<b>6 g</b>
Vitamin D	N/A
Calcium	74 mg
Iron	1 mg
Potassium	N/A

N/A=data not available.

**MARKETING GUIDE**

Food as Purchased for	25 Servings	50 Servings
Mature onions	10 oz	1 lb 3 oz
Sweet potatoes	1 lb	3 lb
Collard greens	2 lb 1 oz	4 lb 2 oz

**NOTES**

\*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

**Tips for Soaking Dry Beans**

1 lb dry garbanzo beans (chickpeas) = about 2½ cups dry or 6¼ cups cooked garbanzo beans (chickpeas).

Overnight Method: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

Quick-Soak Method: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

**Tips for Cooking Dry Beans**

Once the beans have been soaked, add 1¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use cooked beans immediately.

**Critical Control Point**

Hold for hot service at 140 °F or higher or chill for later use. To chill, cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

**YIELD/VOLUME**

25 Servings	50 Servings
1 gal 2/3 cup	2 gal 1 1/3 cup
8½ lb	17 lb 2/3 oz

