

Recipe Crediting Worksheet

Recipe Name Broccoli Cheddar Soup

Portion Size 3/4 cup

3-5 Age Group

Meat/Alt Vegetable/Fruit
 Grain/Bread

Resource used for Crediting Food Buying Guide Yield 24

(1) Ingredient	(2) Amount (weight or measure)	(3) Meat/Meat Alternate (ounces)	(3) Vegetable/ Fruit (total cups)	(3) Grains/ Breads (equivalent for 3-5 yr old)
Broccoli, fresh, chopped	8 cups		8 cups	
Onion, diced	1 cup		1 cup	
Canellini Beans, canned, drained and rinsed	5 No. 300 cans	21.85 (1/4 c. = 1 oz equiv)		
Cheddar Cheese, shredded	15 oz	15 oz		
(4)	Recipe Total	36.85		
(5)	Calculations	divide by the number of servings the recipe yields	Multiply by 4 = <u>36</u> 1/4 c	divide by the number of servings the recipe yields
(6)			divide by the number of servings the recipe yields	
(7)	Each portion contributes	1.53ounces	1.5 1/4 cup(s)	= 1/4c equiv

Ingredient	Form (whole, chopped)	Recipe Yield	
		Weight	Measure

Prepare the recipe by following these steps:

1. In large stockpot, heat canola oil on medium-high. Add onion and garlic; sauté until onion is soft and translucent.
2. Add cups water, vegetable stock or chicken stock/broth and bring to boil. Add broccoli; cook until tender, about 8-10 minutes, depending on size of broccoli pieces.
3. Stir in beans, salt, and pepper; continue cooking until beans are heated through.
4. Remove pot from heat and stir in cheese. Using either immersion blender or food processor, purée soup until smooth.
(If using food processor, you may need to work in two or more batches.)

If needed, reheat gently and serve.