

MARQUETTE GENERAL HEALTH SYSTEM  
DEPARTMENT OF DIETETICS

**DAY #: 3, 14**

**RECIPE NAME: Broccoli-Cauliflower Soup with CCP's**

**DIET: Regular**

**PORTION: 6 ounces**

**EQUIPMENT USED: Soup pot**

| RECIPE:                | YIELD      |            |           |
|------------------------|------------|------------|-----------|
| FOOD                   | 50         | 100        | 150       |
| Broccoli cuts 2# pkg   | 1 pkg      | 2 pkg      | 3 pkg     |
| Cauliflower, 2# pkg    | 1 pkg      | 2 pkg      | 3 pkg     |
| Carrots, grated        | 1 qt       | 2 qt       | 3 qt      |
| Diced onions           | 1 qt       | 2 qt       | 3 qt      |
| Chopped celery         | 2 cups     | 1 qt       | 1-1/2 qt  |
| Flour                  | 1-1/3 cups | 2-2/3 cups | 1 qt      |
| Margarine              | 1/2#       | 1#         | 1-1/2#    |
| Pepper                 | 1/2 tsp    | 1 tsp      | 1-1/2 tsp |
| Skim milk              | 1 gal      | 2 gals     | 3 gals    |
| Grated American Cheese | 1-1/2#     | 3#         | 4-1/2#    |

In steamer add broccoli, grated carrots, and celery. Cook vegetables slightly. Blend flour, margarine, pepper, milk, and American cheese in a soup pot. Heat until hot and soup begins to thicken. Mix well. Be careful not to overcook or milk will curdle. **CCP: Cook until temperature reaches 145° F or higher for 15 seconds.**

**HOLDING**

**CCP: Hold at 140° F or higher**