

Hungarian Mushroom Soup CACFP

Recipe:	R-3813	HACCP Process:	Same Day Service	
# of Servings:	10.00	Serving Size:	1/2 Cup	Source: Grove City Area SD, PA
Grams Per Serving:	195.38	Ounces Per Serving	6.9	Meal Components: ½ cup serving provides ¼ cup other vegetable.

Ingredients	Measurements	Directions
Fresh Mushrooms	1 LB + 4 OZ	<p>1. Ingredients:</p> <p>2. Prep: Day of Service: Pre-Prep: Prepare the workstation by cleaning and sanitizing all areas. Prep: pull fresh mushrooms, diced onions, butter, flour, spices, and broth. Wash hands thoroughly. In stock pot or steam kettle: melt the butter over medium heat. Sautee the diced onions for 5 minutes. Add the sliced mushrooms and sauté 5 minutes. Stir in the dill, paprika, soy sauce and broth. Cook: Reduce heat to low, cover and simmer for 15 minutes.</p> <p>CCP: Prepare foods at room temperature in two hours or less. CCP: Wash hands for 20 seconds in a hand sink, dry properly, and put on gloves before beginning preparation. Repeat process as often as needed per HACCP guidelines.</p> <p>3. Prep: In a small bowl whisk together flour and milk. Pour into soup and blend well. Cook: cover and simmer for 15 minutes, stirring occasionally.</p> <p>CCP: Heat until an internal temperature is reached of 140°F for 15 seconds.</p> <p>4. Prep: Add the salt, pepper, lemon juice, parsley, and sour cream to the soup. Mix well and stir over low heat to heat thoroughly, 5 minutes. Do not boil. CCP: Hold above 135°F.</p> <p>5. Serve: with a 4-ounce ladle, spoon ½ cup into a bowl. Each ½ cup serving provides ¼ cup other vegetable. CCP: Hold above 135°F.</p>
Butter, salted.	1/4 CUP	
ONIONS, DICED.	8 OZ	
Spices, dill weed, dried.	2 TSP	
Paprika	1 TBSP	
Soy Sauce, Lower Sodium	1 TBSP	
Broth, Chicken, Low Sodium.	1 LB + 4 OZ	
Milk, low-fat, fluid, 1% milkfat, protein fortified, with added vitamin A	1 CUP + 1/4 CUP	
FLOUR, PLAIN, All Purpose	3 TBSP	
SALT, IODIZED.	1 TSP	
Black Pepper	1 TBSP GROUND	
Lemon juice	2 TSP	
Fresh Parsley	1/4 CUP	
Sour Cream, Reduced Fat	1/2 CUP	

Notes:

Production Notes: Note: you can purchase thinly sliced mushrooms from your distributor instead of slicing them in house. These mushrooms can be pre blanched or raw. Either product works well in this recipe. This was served to K 5 in Grove City Area School District, PA with Director Jennifer Reiser! Jen shares that our holding time helps this soup as it's flavors need some time to rest and mingle. This was served as part of a Harvest of the Month.

Serving Notes: Serve: with a 4-ounce ladle, spoon ½ cup into a bowl. Each ½ cup serving provides ¼ cup other vegetable. Each ½ cup serving weighs 195.38 grams or 6.89 ounces.

Nutrients Per Serving:		(per 1/2 Cup)			
Calories	125.131	Trans Fat (gm)	0.000*	Iron (mg)	0.613
Protein (gm)	4.794	Chol (mg)	19.098	Calc (mg)	68.537
Carb (gm)	9.767	Vit A (IU)	789.314	Sodium (mg)	342.066
Tot Fat (gm)	6.842*	Vit C (mg)	4.046	Fiber (gm)	1.189
Sat Fat (gm)	4.083*			Sugars (gm)	2.022*

Note: * means nutrient data is missing or not available.

Meal Components:		(per 1/2 Cup)				
		Vegetables (Cups)				
Fruit (Cups)	Dark Green	Red/Orange	Beans/Peas	Starchy	Other	0.250
Whole Grain- Rich (Oz. Eq.)		Enriched Grain (Oz. Eq.)	Meat/Alt (Oz. Eq.)		Fluid Milk (Cups)	

Allergens:

Milk, Wheat, Soybeans

CCP: Time/temp of each batch of product will be recorded on TPHC sheet when the product has been removed from the oven, steamer, stovetop, or refrigeration. Products that were placed in hot holding will be removed from the hot holding cabinet and placed on serving line as close to service as possible.

Product not used within 4 hours from when it was removed from the oven will be discarded.