

GR-272626 · Hungarian Mushroom Soup · 0.5 c · 100 servings



Other Veg: 1/2



Milk



Soy



Wheat

Section 1

Mushrooms, white
12 lb

Butter, without salt
2 1/2 lb

Onions, raw, chopped
5 lb

Spices, Dill Weed, Dried
1 1/4 c

Spices, paprika
3/4 c

Soy Sauce, low sodium
3/4 c

Broth, Chicken, Canned, Low-sodium
12 1/2 lb

Wheat flour, white, all-purpose,
enriched, bleached
1 qt

Milk, fluid, 1% fat, without added
vitamin A and vitamin D
3 1/8 qt

Salt, table
1/4 c

Spices, pepper, black
3/4 c

Lemon juice, raw
1/2 c

Parsley, fresh
1 1/4 pt

Sour Cream, Reduced Fat
1 1/4 qt

1. 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. Slice **mushrooms**.

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.

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.

2. 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.

CCP: Heat until an internal temperature is reached of 140°F for 15 seconds.

3. 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: Batch cook as necessary to insure best end product and nutritional.

4. Serve: with a 4-ounce ladle, spoon 1/2 cup into a bowl. Each 1/2 cup serving provides 1/4 cup other vegetable.

CCP: Hold at or above 135°F.

Section 1

Note: You can purchase thinly sliced mushrooms from your distributor instead of slicing them in house. These mushrooms can be pre-blanchered 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 its flavors need some time to rest and mingle. This was served as part of a Harvest of the Month.

Hungarian Mushroom Soup

Nutrition Facts

Servings Per Container 1

Serving Size 0.5 c

Amount Per Serving

Calories **171**

% Daily Value*

Total Fat 12g **15%**

Saturated Fat 7g **35%**

Trans Fat 0g

Cholesterol 29mg **10%**

Sodium 395mg **17%**

Total Carbohydrate 13g **5%**

Dietary Fiber 2g **8%**

Sugars 4g

Includes 0g Added Sugars **0%**

Protein 5g **11%**

Vitamin D: 1% DV • Potassium: 7% DV

Calcium: 6% DV • Vitamin A: 8% DV

Iron: 10% DV • Vitamin C: 7% DV

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.