

# DRIED 6 BEAN & TOMATO SOUP

393.5 calories | 1.5 g total fat | 0.2 g saturated fat | 0.0 g trans fat | 0.3 g polyunsaturated fat | 0.1 g monounsaturated fat | 0.0 mg cholesterol | 104.3 mg sodium | 71.0 g carbohydrates | 19.3 g fiber | 7.2 g sugars | 25.6 g protein



INGREDIENTS	50 SERVINGS	100 SERVINGS	200 SERVINGS
Great northern bean, dry	4.75 cups	9.5 cups	19 cups
Green lentils, dry	4.75 cups	9.5 cups	19 cups
Red lentils, dry	4.75 cups	9.5 cups	19 cups
Black beans, dry	4.75 cups	9.5 cups	19 cups
Navy beans, dry	4.75 cups	9.5 cups	19 cups
Light red kidney beans, dry	4.75 cups	9.5 cups	19 cups
Water	3.5 gallons	7 gallons	14 gallons
Low-sodium tomato juice	6.25 cups	12.5 cups	25 cups
No-salt-added crushed tomatoes	1 gallon	2 gallons	4 gallons
Dried oregano	3 tablespoons	6 tablespoons	12 tablespoons
Dried thyme	6.5 tablespoons	26 tablespoons	3.25 cups
Minced onion	9 tablespoons	18 tablespoons	1.25 cups
Minced garlic	1.5 tablespoons	3 tablespoons	6 tablespoons
Chicken bouillon cubes, low-sodium	18 each	36 each	72 each
Bay leaves	3 each	4 each	5 each
Kosher salt	.5 tablespoons	1 tablespoon	2 tablespoons
Black pepper	2 tablespoons	4 tablespoons	8 tablespoons

This soup is a simple yet hearty bowl. Can also be divided and displayed dry in jars for fundraising.

**Portion Size: 2 cups**

## PROCEDURE

1. Combine all ingredients in 10 gallon or larger stock pot. (can use tilt skillet or steam jacketed kettle if available)
2. Bring to a boil and reduce to a very low simmer. (should be just before bubbling for best bean texture)
3. Cover and cook for 3-4 hours or until beans are tender. (stir regularly to prevent scorching, every 20 minutes)
4. Serve hot within 3 hours or chill in 2-inch shallow pans for later use.

**Tip:** Can be held up to 5 days in the refrigerator. If reheated, water may need to be added to achieve desired consistency.

Wash hands thoroughly, sanitize all equipment and reheat all foods to 165 degrees Fahrenheit for 15 seconds.



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