

# How'd they do that?

## GAP Ministries

## Creamy Broccoli Soup

Served February 2022

Food Cost: \$0.63 per serving

1/2 cup dark green vegetables per serving

2 oz. eq. meat/meat alternate per serving

Gluten-free

## Ingredients

**Broccoli, Celery, Carrots,  
Onion, Garlic, Chicken Broth,  
Water, Corn Starch, Cheddar  
Cheese, Seasoning\* .**

\*Black pepper, dried chipotle, vegetable spray, lemon juice. Optional: Kosher salt.

## Preparation

### Equipment

- i-Vario Pro
- Cutting board
- Chefs knife
- Measuring cups/spoons
- Gallon buckets
- Spatulas
- Immersion blender

### Food Safety

- Wash all vegetables prior to cooking.
- All plant-based food must be cooked to an internal temperature of 135°F.
- If serving the day of, ensure Time/Temperature Control for Safety (TCS) foods are above 135°F for no less than 4 hours.
- If cooling for re-heating, ensure that the product is cooled in shallow pans, and is cooled below 35°F within 2 hours.

### Packaging and Meal Service

- GAP Ministries offers this meal in their group homes as a meal option under Offer vs. Serve.
- The soup is cooked at a central kitchen and is delivered to satellite kitchens in soup containers and portioned into regular bowls.
- For sites operating SSO, or SFSP: GAP Ministries recommends portioning the soup into a styrofoam bowl or a covered Oliver packaging tray.

### Labor

- One staff member who can follow prompts on the i-Vario Pro is required. The cooking process takes ~30 minutes total.
- GAP Ministries uses the i-Vario Pro to cook this soup the day of. All vegetables are chopped and placed into the i-Vario until soft, then the liquid is added to cook.
- Once the soup is fully cooked, it is emptied into shallow pans to serve immediately. Recipe serves 32-1 cup portions.

## Serving Suggestion

Soup is a versatile dish and can be served with:

- Whole-grain roll
- Blackberries
- Milk

