

CARMELIZED ONION SOUP

This vegan friendly nutritious soup is high in plant-protein and fiber andis low in fat.

ALLERGENS: Soy

RESTRICTIONS: Renal

PORTION SIZE: 12 fl oz



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From the

God's Love Kitchen

TOTAL SERVINGS:	750
TOTAL COST	\$338.36
COST PER SERVING	\$0.45

INGREDIENT	QUANTITY	UNIT OF MEASURE	PREP	COST PER UNIT	EXTENDED COST
Shallot, raw	10	lb		\$2.05	\$20.50
Garlic, raw	10	lb		\$3.23	\$32.30
Blended oil, 90/10	1.5	gal		\$6.98	\$10.47
Yellow onion, fresh, large slices (eighths)	100	lb		\$0.38	\$38.00
Vegetable base, low sodium	6	lb		\$7.03	\$42.18
Potatoes, Yukon Gold	100	lb	Grow NYC price	\$0.65	\$65.00
Cannelini beans, canned (Nutrition measure, 80 lbs)	2	cs		\$31.07	\$62.14
Silken tofu	42.75	lb	3 cs	\$1.01	\$43.18
Basil, raw	4.4	lb		\$5.59	\$24.60

PROCEDURES

1. In an 80 gallon steam kettle, cook the shallots and garlic in oil over high heat until softened. Stir occasionally as to not burn the mixture.
2. Add the onions to the kettle and mix well to coat with oil. Continue to patiently cook on high until the onions are soft, a dark golden brown color and sweet.
3. Add the vegetable base, potatoes, cannelini beans and enough water to fill 3/4 of the kettle. Bring up to a boil and continue cooking until the potatoes are very tender.
4. Add the silken tofu, fresh basil and enough water to almost reach the top of the kettle. Using an immersion blender, puree the soup until smooth.

Nutrition Facts

Serving Size 1.00 serving(s) (237g)

Amount Per Serving			
Calories	246	Calories from Fat	102
% Daily Value			
Total Fat	11.3g		14 %
Saturated Fat	0.7g		3 %
Trans Fat	0.0g		
Cholesterol	0.0mg		0 %
Sodium	239.4mg		10 %
Total Carbohydrate	31.7g		12 %
Dietary Fiber	5.6g		20 %
Sugars	6.4g		
Protein	8.3g		
Vitamin A	23 %	Calcium	6 %
Vitamin C	14 %	Iron	9 %

