



RC Product Code: 91401

Italian Wedding Soup

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With Garlic Basil Chicken Meatballs

Serving Size: 2.5 cup
Yield: 100 Servings
Contribution: 2oz Meat/Meat Alternate, 1/2 oz Grain, 1/2 cup other Vegetable

Nutritional Information

| | | | |
|--------------------------|----------|--------------------------------|-----|
| Portion | 2.5 cups | Cholesterol (mg) | 48 |
| Calories | 305 | Sodium (mg) | 509 |
| Total Fat (g) | 7 | Total Carbohydrates (g) | 34 |
| Saturated Fat (g) | 1.7 | Sugar (g) | 1.7 |
| Trans Fat (g) | 0 | Protein (g) | 23 |

Ingredients

Amount

Instructions

| | | |
|------------------------------------|-----------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| Rich Chicks Garlic Basil Meatballs | 20 lbs | Place olive oil in steam jacketed kettle. Add carrots, onion and celery sauté until tender. About 6-8 minutes. Add garlic and sauté 1 minute more. |
| Olive Oil | 1 1/3 cup | Add chicken stock and bring mixture to a boil. |
| Diced Carrots | 8.2 lbs | Add meatballs and bring soup back to a light boil. |
| Diced Onion | 7 lbs | Add pasta and heat to light boil. Cover and cook, stirring occasionally until pasta is tender about 10 minutes. |
| Diced Celery | 6.25 lbs | Add spinach and cook for another minute. |
| Minced Garlic | 7.5 oz | |
| Whole Grain Rich Orzo Pasta | 6.25 lbs | Pasta will continue to cook. If you need to hold the soup for more than 30 minutes, cook pasta separately and add right before serving. |
| Spinach (chopped) | 6.25 lbs | |
| Diced Celery | 9.5 gal | |

It is recommended that any recipe be put through your own nutrition assessment before making the determination as to whether or not it fits into your school's menu plan.

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