

CHEF & CHILD FOUNDATION RECIPE COLLECTION

VEGETABLE SOUP

ACF Columbus Chapter

SERVINGS
PER RECIPE: **12**
SERVING SIZE: 1 cup



Ingredients:

- 1 can green beans, drained
- 1 can pinto beans
- 1 can corn
- 2 potatoes, peeled and diced
- 2 carrots, scrubbed, peeled and sliced thin
- 1 can tomatoes (do not drain)
- ½ cup barley
- 1 onion, chopped
- 1 zucchini, chopped
- 1 tablespoon oregano

Directions:

1. Put barley, onions, zucchini, and carrots in a soup pot.
2. Add water to cover plus 2 cups. Simmer until barley is tender.
3. Add canned vegetables and oregano.
4. Simmer until soup is hot. Serve.

Special thanks to Vince Blancato for collecting these recipes and Clemson University for providing the nutritional facts. The American Culinary Federation, Inc., established in 1929, is the premier professional organization for culinarians in North America. With more than 20,000 members in 225 chapters nationwide, ACF is the culinary leader in offering educational resources, training, apprenticeship and accreditation. In addition, ACF operates the most comprehensive certification program for chefs in the United States. ACF is home to ACF Culinary Team USA, the official representative for the United States in major international culinary competitions, and to the Chef & Child Foundation, founded in 1989 to promote proper nutrition in children and to combat childhood obesity. For more information, visit www.acfchefs.org.

Nutrition Facts

Serving Size (87g)
Servings Per Container
Calories 180
Fat Cal. 10

Amount/serving	%DV*	Amount/serving	%DV*
Total Fat 1g	2%	Total Carb 42g	14%
Sat. Fat 0g	0%	Fiber 2g	8%
Trans Fat 0g		Sugars 27g	
Cholest. 35mg	12%	Protein 3g	
Sodium 120mg	5%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.			
Vitamin A 60% • Vitamin C 2% • Calcium 2% • Iron 6%			



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