




Three-Sister Soup

This recipe was created by Chef Vishwa Mohan from AMS Food Services

 Yield: 50 servings

 Serving Size: 250 ml

Ingredients

- 150 g (165 ml) canola oil
- 900 g (4.25 L) Onion, Yellow, chopped
- 90 g (150 ml) Garlic minced
- 1.5 kg (1.87 L) Tomato, Roma
- 4.5 L Vegetable Stock
- 1 kg (1 L) Kidney beans, canned (or 2- 540ml cans)
- 750 g (1 bag) corn, whole kernel
- 750 g (1 bag) green peas
- 750 g (1.3 L) russet potato, chopped
- 750 g (925 ml) butternut squash, diced
- 0.5 g (4 ml) sage, ground
- 20 g (40 ml) Onion Powder
- 60 g (50 ml) Salt, Kosher
- 20 g (40 ml) Paprika, smoked

*If using table salt, reduce to 35 ml. If using bouillon instead of homemade stock, reduce salt to 15 ml.

For Vegetable Stock

- 600 g (1L) Onion, Yellow
- 400 g (900 ml) Celery
- 400 g (875 ml) Carrot
- 25 g (45 ml) Garlic, minced
- 5 g (12 ml) Cumin, Whole
- 5g (15 ml) Coriander, Whole
- 1 g Bayleaf (4-5 bay leaves)
- 9L water

Method

Step 1

Add oil, minced garlic and minced onion and saute until it sweats.

Step 2

Add diced tomatoes and saute for 3 minutes.

Step 3

Add Spices and mix for 1 minute.

Step 4

Add potatoes and squash and stock and bring to a boil.

Step 5

Add remaining ingredients and reduce to a simmer and cook until the veggies are soft.

For Stock:

In a large pot, saute onions, garlic and carrots until fragrant (do not brown); add any frozen scrap veggies if we have any. Add coriander seeds, cumin seeds, bayleaf and celery and heat for a couple of minutes. Add water and turn up the heat. Let it simmer for 2 hours. Strain, cool, label and put away in a cambro container.



HACCP

Cook until the soup reaches internal temperature reaches 74° C for a minimum of 15 sec.

Cooling: Cool to 4° C within the next 4 hours. If not achieved, throw out.

Cold Holding: When cooled to 4° C, cover and store at 4° C. If more than 4° C for 2 hours, throw out.

Reheating: Reheat to 74° C in less than 2 hours. If reheating takes more than 2 hours, throw out.