

Recipe Name: Avocado Soup**Recipe Category:** Soup**Portion Size:** 1 cup**Ingredients:** Yields: 50 servings

Ingredients	Notes:
10 lbs. avocado	Washed, peeled, seeds removed and chopped
5 lbs. cucumbers	Washed, peeled, seeds removed and chopped
2 quarts Plain Greek yogurt	
1 quart light sour cream	
2 cups fresh cilantro (reserve some for garnish)	Washed, trimmed and finely chopped
1/2 cup fresh lime juice	
2 tablespoons lime zest	
1 teaspoons ground cumin	
1 teaspoon salt	
3 cups slice radishes (garnish)	(optional)Washed, trimmed and sliced

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Combine, cucumbers, avocados, yogurt, sour cream, lime juice, lime zest, cumin, mint, cilantro and salt in large a large bowl. Puree in a food processor or blender in batches.	
2	Chill for all least 2 hours.	
3	Serve in chilled bowls and garnish with radish and cilantro.	

Time Temperature Sensitive food. Food safety Standards: . Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. seconds.. Cold holding at 41°F or colder or using time alone (less than four hours). Store in airtight container in refrigerator for up to 72 hours or may freeze for up to 30 days.

Texture Modified Diets:**Soft & Bite Size:** (aka Bite size) **Food particle size ½ inch (~width of standard fork)** no changes.

Serve puree soup.

Chopped: Food particle size ¼ inch (~ ½ width of standard fork) No changes. Serve puree soup.**Minced and Moist:**(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** no changes. Serve puree soup.**Pureed: Smooth and cohesive.** Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree but only as needed. Do not add to much liquid. Puree soup may not hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding or a smooth thickened liquid. Individuals who do not tolerate thin liquids should have soup strained, puree and thickened to the appropriate smooth consistency. Omit: garnish**Therapeutic Modified Diets:****Lowfat:** No changes**Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled:** No changes needed**Bland/Anti Reflux:** Omit lime juice, cumin, radish and lime zest.**Liberal House Renal:** Use alternate menu item**No Added Salt:** No changes**2 Gram Sodium:** Omit salt.**Gluten Free:** No changes needed.**Allergy Alerts: When an "X" is present, this indicates the allergen is present.****Always read all food labels to ensure allergens are not present.**

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
	x					

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free

Recipe Name: Baked Acorn Squash Soup**Recipe Category:** Soup**Portion Size:** 1 cup**Ingredients:** Yields: 50 servings

Ingredients	Notes:
10 EP acorn squash (or Butternut Squash)	Washed, halved, and seeded
1 tablespoons salt	
3 teaspoons pepper	
1 ½ cup olive oil	
4 cups firmly packed brown sugar	
2 tablespoons ground cinnamon	
3 quarts nonfat evaporated milk	

Directions:

Steps:	Directions:	Critical Control Point / Quality Assurance
1	Preheat oven to 350 degrees.	
2	Place squash in a shallow baking pan, cut side down.	
3	Bake in preheated oven for 30 minutes or until tender.	
4	Turn cut side up; Season with salt and pepper, dot with olive oil and sprinkle with brown sugar and cinnamon.	
5	Bake for 20 minutes more or until tender.	
6	Remove and peel squash.	
7	Transfer to food processor.	
8	Process until smooth.	
9	Add evaporated milk and heat through.	Cook until internal temperature reaches 135°F.

Time Temperature Sensitive food. Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat only once. Discard if not used. Cold holding at 41°F or colder or using time alone (less than four hours). Store in airtight container in refrigerator for up to 72 hours or may freeze for up to 30 days.

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** no changes. Serve puree soup.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** No changes. Serve puree soup.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8 inch (fits through prongs of standard fork)** no changes. Serve puree soup.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. May add broth or sauce to puree but only as needed. Do not add too much liquid. Puree soup may not hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding or a smooth thickened liquid. Individuals who do not tolerate thin liquids should have soup strained, puree and thickened to the appropriate smooth consistency. Omit: garnish

Therapeutic Modified Diets:

Lowfat: No changes needed

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: Omit brown sugar.

Bland/Anti Reflux: Omit pepper and cinnamon

Liberal House Renal: Use alternate menu item

No Added Salt: No changes needed

2 Gram Sodium: Omit evaporated milk and salt.

Gluten Free: No changes needed. Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present.

Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other
	x					

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free