



JERSEY TASTES!

RECIPES

Great Garden Soup

Fun Fact:
Great Garden Soup is a traditional Native American stew consisting of squash, corn, and beans, crops known as "Three Sisters," watch "Legend of the Three Sisters" [here](#)

INGREDIENTS:

FAMILY-SIZE

SERVES: 8

PORTION SIZE: 2/3 CUP

- Nonstick Cooking Spray
- 1/3 lb. Ground Beef, lean
- 3/4 cup Onion, fresh, peeled, 1/4" diced
- 2 Garlic cloves, minced
- 3/4 cup Butternut Squash, 1/2" cubed
- 1/3 cup Green Beans, fresh, cut into 1/2" pieces
- 1/4 cup Corn, frozen
- 1 Tbsp. Thyme Leaves, dried
- 2/3 cups Summer Squash, unpeeled, 1/2" diced
- 15 oz. can Kidney Beans, rinsed, drained
- 1/4 cup Tomato Sauce
- 1/2 cup Tomatoes, canned, diced with juice
- 1/3 cup Water

SCHOOL FOOD SERVICE

PORTIONS: 25

PORTION SIZE: 2/3 CUP

- Nonstick Cooking Spray
- 1 lb. Ground Beef, lean
- 2.5 cups Onion, fresh, 1/4" diced
- 1 tablespoon plus 1 teaspoon Garlic, minced
- 2.5 cups Butternut Squash, 1/2" cubed
- 1 cup Green Beans, fresh or frozen, 1/2" pieces
- 3/4 cup Corn, frozen
- 1/4 cup Thyme Leaves, dried
- 2 cups Summer Squash, unpeeled, 1/2" diced
- 7 cups (3/4 #10 can) Kidney Beans, rinsed, drained
- 1.5 cups Tomato Sauce
- 1.5 cups Tomatoes, canned, diced with juice
- 1 cup water

**Portion Size: 2/3 cup = 1.5 oz. Meat Alt.; 1/4 cup Veg/Other
OR 1/4 cup Veg/Legume & 1/4 cup Veg/Other**

DIRECTIONS:

- 1** Coat skillet with nonstick cooking spray. Heat skillet on medium-high heat.
- 2** Add ground beef & cook until browned, about 12-15 minutes. Drain.
- 3** Add to stockpot: browned beef, onions, garlic, butternut squash, green beans, corn, & thyme.
- 4** Cook for 4-6 minutes on medium-high heat, stirring occasionally, until onions are tender.
- 5** Add summer squash, kidney beans, tomato sauce, diced tomatoes with juice & water. Stir well. Bring to a boil uncovered.
- 6** Reduce heat to medium & simmer uncovered for an additional 20 minutes, or until vegetables are tender. Stir often.
- 7** Serve 2/3 cup (#6 scoop). Critical Control Point: Hold at 140°F or higher.

RECIPES MADE IN COLLABORATION WITH:

