



News and View

Monthly Newsletter for Family Childcare Providers



Guilford Child Development
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Greensboro, NC 27406



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Bean Soup

This Bean Soup is sure to be a frequent request! Protein packed and flavorful with beans, tomatoes, onions, and smoky spices.

Preparation Time: 20 minutes Cooking Time: 60 minutes Makes: 6 servings



Ingredients

2 tsp Canola oil

½ cup or 2 ½ oz Fresh onions

2 Tbsp or 1 ½ oz Fresh garlic, minced

½ cup or 2 ½ oz Fresh red bell peppers

¼ cup or 2 ½ oz Green chilies

1 tsp Sugar

⅛ tsp Ground black pepper

1 tsp Oregano

2 tsp low sodium Old Bay seasoning

¾ cup or 6 oz Low-sodium vegetable broth

1 ½ cups Water

1 cup or 7 oz Canned no salt added diced tomatoes, undrained

2 ¾ cups or 1 lb Canned low sodium great northern beans, drained, rinsed
OR 2 ¾ cups or 1 lb Dry great northern beans, cooked

Directions

1. Heat oil in a large saucepan over medium high heat.
2. Add onions, garlic, bell peppers, green chilies, sugar, black pepper, oregano, and Old Bay seasoning. Sauté uncovered over medium-high heat for 2 minutes, stirring occasionally.
3. Add vegetable broth, water, tomatoes, and 1 cup beans. Bring to a boil. Reduce heat to medium. Simmer uncovered for 8 minutes. Set aside for step 6.
4. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
5. Puree remaining beans in a high-speed blender on high for 2-3 minutes until mixture has a smooth consistency. Set aside for step 6.
6. Add about 1 cup pureed beans to soup mixture. Stir well and simmer over low heat for 10 to 15 minutes until soup has a thicker consistency.
7. Pour soup into large serving bowl.
8. Critical Control Point: Hold at 140 °F or higher until served.
9. Serve 1 cup (portion with 1 cup measuring cup or 8 fl oz ladle).

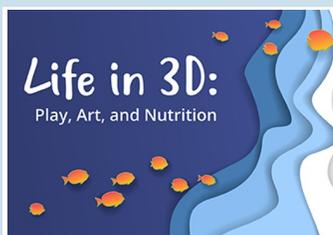
CACFP Home Childcare Crediting Information Legume as Meat Alternate: 1 cup (1 cup measuring cup or 8 fl oz ladle) provides ¼ cup vegetable (⅓ cup additional vegetable, ⅛ cup red/orange vegetable), and 1.25 oz equivalent meat alternate. OR Legume as Vegetable: 1 cup (1 cup measuring cup or 8 fl oz ladle) provides: ⅝ cup vegetable (¼ cup additional vegetable, ¼ cup legume vegetable, ⅛ cup red/orange vegetable).

Special tip for preparing dry beans: SOAKING BEANS OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe. QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe. COOKING BEANS Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately. Critical Control Point: Hold for hot service at 140 °F or higher. OR Chill for later use. Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

Source: CACFP Home Childcare 6-Serving Recipe Project



Wishing everyone a healthy, happy year ahead



Cut and paste the links below for information, activities and training opportunities

<https://www.cacfp.org/resources/tools-providers-centers/2021-calendar-training-program/>

Subscribe here:

https://lp.constantcontactpages.com/su/YmUQmrl/2021Calendar?source_id=ff424851-cf94-4289-a88e-9b80bf1ba261&source_type=em&c=pJnW7VFAjEZB_NhRONWbNI-HoLeRLwOfzFalGbp_Z2KalEw2qPyy0A==

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- or
3. email: program.intake@usda.gov.

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