

Broccoli Cheese Soup - NSLP

General Information

Recipe #	Category	Source
1974121	Lunch Entree 	Local

Ingredients

Name	Quantity	+Quantity 2
Onions, raw	2 qt., 1 c. chopped	
Butter, without salt	2 lbs., 4 oz.	
Broccoli, raw	12 lbs.	
Milk, White, 1%, Low Fat, Gallon, Hiland Dairy, 13200	1 gal., 2 qt., 1 c.	
Soup, chicken broth, low sodium, canned	2 qt.	
Beverages, water, tap, municipal	3 qt., 1 c.	
Salt, table	1 tbsp., 1 tsp.	
Spices, pepper, black	1 tbsp., 1 tsp. ground	
Cheese, mozzarella, nonfat	8 lbs.	

Preparation Instructions

HACCP Process: #2 - Same Day Service

1. In a large pot, saute onions in butter over medium high heat for about 5 minutes. Add broccoli and contunure to cook for 2 minutes.
2. Add milk, water, and chicken broth. Season with salt and pepper. Simmer until broccoli is tender but not mushy about 10 minutes.
3. Add cheese slowly while mixture is at a simmer, constantly whisking until mixture is smooth and creamy. Hold hot for service.

Separate raw animal foods, such as eggs, fish, meat, and poultry, from ready-to-eat foods, such as lettuce, cut melons, and lunch meats during receiving, storage, and preparation.

Food prep areas, equipment, and utensils, to be used in recipe will be washed and sanitized prior to beginning the preparation and cooking.

Assemble all ingredients, utensils, etc. to be used in recipe within easy reach of prep area so that food safety can be managed more effectively as well as better control of contamination and cross contamination.

Remove products from storage using oldest pack date first. If frozen, keep product in original packaging and place in a pan(s). Place in cooler following proper HACCP storage guidelines to prevent cross-contamination.

CCP: Take and record on a temperature log all beginning temperatures of refrigerated foods before beginning the recipe.

Wash hands thoroughly before handling food, after handling contaminated food or objects, and before switching to another step where there is an opportunity for contamination. This applies as well to before and after glove use. Use clean pair of gloves when handling raw product. Replace gloves after handling any other object.

If a recipe contains a combination of meat products, cook the product to the highest required temperature.

CCP: Heat to 165° F or higher for at least 15 seconds.



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Serving Size	Yield
1 Cup	100.00

Nutrition Facts

Serving Size 1 Cup (222 gm)

Amount Per Serving	
Calories	176.910

		% Daily Value*
Total Fat	9.237 gm	14.211%
Saturated Fat	5.632 gm	28.158%
Trans Fat	0.000* gm	
Cholesterol	32.224 mg	10.741%
Sodium	418.998 mg	17.458%
Total Carbohydrate	9.275 gm	3.092%
Dietary Fiber	2.336 gm	9.346%
Total Sugars	4.855 gm	

Includes 0.000 gm of Added Sugars		
Protein	15.677 gm	31.354%
Vitamin A	132.791* mcg RAE	14.755%
Vitamin C	49.618* mg	82.697%
Vitamin D	0.750 mcg	3.75%
Calcium	444.723 mg	44.472%
Iron	0.592 mg	3.29%
Potassium	344.502 mg	7.33%

Saturated Fat % of Calories	28.650 %
Added Sugar % of Calories	0.000 %

* Indicates missing Nutrient Information.
^ Indicates user added nutrient.

The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to the daily diet. 2,000 calories a day is used for general nutrition advice.

Meal Components

Component	Measurement
Meat/Meat Alternates	1 oz

Remove product from oven. Caution! Finished product is hot. Use oven mitts when handling product to avoid injury.

CCP: Place product in warming cabinet until served. Ensure that hot food is held at a temperature above 140° F.

CORRECTIVE ACTION HOT FOOD: All cooked food items being held for service that drop below 140 degrees must be removed from service until such time as they are reheated to 165 degrees. Any food not eaten after reheating must be discarded.

CCP: Maximum holding time is two (2) hours. Discard product after maximum holding time is reached. Do not reheat product.

CCP: Cool to 70 °F within 2 hours and to 40 °F or lower within an additional 4 hours.

CCP: Record time and internal temperature of completed recipe on daily log.

Dark Green

0.5 cups

Added Sugar Limitations ⓘ

Not applicable.

Vendors

Hiland Dairy Foods 🇺🇸

Dates

Last Updated

01-04-2026

Created

09-15-2025

Edit Recipe