

# Soup Kits

Preparing soup kits is a great way for groups to team build as well as help others. Soup is delicious, nutritious, filling and, unfortunately, expensive. Soup Kits help in two ways:

- Our clients receive a wonderful staple.
- CPO can focus its purchasing power on the items for which it gets a higher discount.

**Below are the instructions to direct a team to prepare the soup kits:**

## **Soup Ingredients supplied by participants:**

1 lb. bag of dried pinto beans  
1 lb. bag of dried kidney beans  
1 lb. bag of dried navy beans  
1 lb. bag of dried great northern beans  
1 lb. bag of dried garbanzo beans  
1 lb. bag of dried black beans  
1 lb. bag of dried green split peas  
1 lb. bag of dried brown lentils  
1 lb. box/bag of pearled barley  
15 oz cans of tomato sauce (plain, not flavored, 1 per kit)  
Cans of Rotel diced tomatoes with chilies (1 per kit)

## **Please note:**

— Substitutions for the Rotel are not recommended.

## SAMPLE LETTER FOR TEAM

Dear Soup Kit Participant,

We will be assembling bean soup kits for a service project. Please supply in the following items for the project:

one 15 ounce can of tomato sauce (plain, not flavored)

one can of Rotel tomatoes and chilies

one 16 ounce bag of \_\_\_(various type)\_\_\_ dried beans (Please do not substitute bean type since we need to have a variety of all bean types for this project to work.)If you have any questions about this project, please do not hesitate to reach out.

## **Soup Ingredients supplied by team leader or business:**

white rice  
salt  
garlic granules  
onion powder  
poultry seasoning  
bay leaves  
beef bouillon cubes (2 cubes per kit)

## **Please note:**

— A 5 lb. bag of rice for 9 participants yields approximately 13 kits. Thirty-six participants require a 20 lb. bag of rice to make about 50 kits.

**Other items needed:**

*Copies of the soup recipe (1 per kit -- listed at end instructions)*

*Snack-size zippered plastic bags (1 per kit for the seasoning packet)*

*Sandwich-size zippered plastic bags (2 per soup kit, one for beans and one for rice) Gallon-size zippered plastic bags (1 per kit to package components of each kit)*

*Quart-size zippered plastic bags, if you'd like to donate any extra beans and rice*

*A large bowl for mixing beans*

*A bowl for loose rice*

*Measuring cups for bean mixture and for rice*

*Measuring spoons for seasonings*

**STEP 1: RICE STATION** (Items: rice, bowl, measuring cup, sandwich bags)

**Directions:** Put 1 cup of rice in each sandwich bag.

*Note: If donating extra rice, put 3 cups (about 1 pound) of rice in a quart-sized bag.*

**STEP 2: BEAN STATION** (Items: ingredients, large bowl, measuring cup, sandwich bags)

**Directions:** Combine the following. If necessary, mix the ingredients in batches.

- 1 lb. package of dried pinto beans
- 1 lb. package of dried kidney beans
- 1 lb. package of dried navy beans
- 1 lb. package of dried great northern beans
- 1 lb. package of dried garbanzo beans
- 1 lb. package of dried black beans
- 1 lb. package of dried green split peas
- 1 lb. bag of dried brown lentils
- 1 lb. box/bag of pearled barley

For each kit, put 2 cups of bean mix in a sandwich bag.

*Note: If donating extra bean mix, put 3 cups (about 1 pound) of rice in a quart-sized bag.*

**STEP 3: SEASONING STATION** (Items: ingredients, measuring spoons, snack bags)

**Directions:** For each seasoning packet, measure the following ingredients into a snack-sized zippered bag:

*1 teaspoon salt*

*1-1/2 teaspoon garlic granules*

*1/2 teaspoon onion powder*

*1/4 teaspoon poultry seasoning*

*2 bay leaves*

*2 cubes of beef bullion*

**STEP 4: ASSEMBLY STATION** (Items: tomato sauce, Rotel, packages of bean mix, packages of rice, packages of seasoning, recipe sheets, gallon bags.)

Each soup kit should contain the following items packaged in a gallon-sized bag.

- 1 can tomato sauce (15 oz.)
- 1 can Rotel tomatoes w/chilies
- 1 sandwich bag of bean mix
- 1 sandwich bag of rice
- 1 snack-sized bag of seasonings
- 1 recipe sheet (listed below)

### **Bean Soup Recipe**

Servings: 6

Cooking time (excluding overnight soaking of beans): 1-2 hours

**Ingredients:**

- 1 bag of beans
- 1 can of tomato sauce
- 1 can of Rotel tomatoes with green chilies
- 1 seasoning packet
- 1 bag of rice

**Directions:**

*Night before:* Rinse beans. Check for anything (ex., small stones) that might have slipped through processing equipment. Soak beans in water overnight.

Drain beans. Place the soaked beans and all other ingredients, except the rice, in a large pot. Add enough water to cover. Cook over medium heat 1-2 hours. Add water as needed so the soup does not get dry. When the beans are tender, add the rice and cook for another 20 minutes. Cook until the rice and beans are tender.

**This soup kit includes:** Dried beans (pinto, kidney, navy, great northern, garbanzo, black, green split peas, brown lentils), pearled barley, rice, seasonings (salt, garlic granules, onion powder, poultry seasoning, bay leaves, beef bouillon cubes), canned tomato sauce, and Rotel tomatoes with green chilies.