

# Asian Fusion Tortellini Soup



## Ingredients (Serves 34)

- 5 lb. bag Cheese Tortellini ([#00830WG](#))
- 1½ gal + 1½ cups Unsalted Chicken Broth
- ¾ cups Low Sodium Soy Sauce
- 2 tbsp. + ½ tsp. Toasted Sesame Oil
- 1 tbsp. + 1¼ tsp. Ground Ginger
- 2 tsp. Garlic Powder
- 2 qt. + ½ cup Fresh Spinach
- 1 qt. + ¼ cup Fresh Shredded Carrots
- 2/3 c. + 2 tsp. Green Onion thinly sliced
- 1 pt. + 2 tbsp. Low Sodium Teriyaki sauce
- 34 Egg Rolls WG Veggie Egg Roll ([#41211](#))

## Directions

1. Pour chicken broth into a large stock pot. Add the soy sauce, sesame oil, ground ginger and garlic powder. Mix until combined.
2. Bring pot to a boil, reduce heat and simmer for 10 minutes.
3. Remove product from heat. Place product in warming cabinet until served.
4. Heat to a full boil 3 quarts of water for each pound of tortellini.
5. Add the frozen tortellini to the boiling water. Gently stir the contents, initially and periodically, to prevent sticking.
6. Boil the tortellini for approximately 3-4 minutes; the tortellini will begin to float.
7. Remove tortellini from heat, drain and transfer to serving pans.
8. Cover the pan with plastic film and place in warmer. Tortellini can be held up to 1 hour. Note: Can add a little water to pan to help prevent tortellini sticking together. Place product in warming cabinet until served.
9. Preheat oven to 350°F.
10. Place frozen egg rolls on parchment lined sheet pans.
11. Bake for 8-10 minutes. Heat to 165°F or higher for at least 15 seconds.
12. Ensure that all hot food is held at a temperature above 140°F.
13. In serving bowl place
  - 8-10 pieces of tortellini
  - ¾ cup broth
  - ¼ cup spinach
  - 1/8 cup shredded carrots
  - Sprinkle with 1 tsp green onion
  - Drizzle 1 TBSP teriyaki sauce over top
  - Serve with one (1) egg roll

## CN Crediting

**2**  
m/ma

**2**  
oz eq  
gr

**1/4**  
cup  
veg

## Nutrition Facts per serving\*

**Calories: 350** **Total Fat: 4g**  
**Sat Fat: 1g** **Sodium: 607mg**

*\*This is an approximation of the final nutritional data and will vary based on the actual products you choose to use in the recipe.*

## Chef Tips



Cook from frozen



Serve with Egg Roll



# **HACCP Guidelines**

# Entree, Asian Fusion Tortellini Soup, 1 serving

## General Information

Category

Lunch Entree 

## Ingredients



## Asian Fusion Tortellini Soup

Serving Size 1 serving  
Yield 34.00

## Nutrition Facts

Serving Size 1 serving (382 gm)

Amount Per Serving

Calories 349.788

% Daily Value\*

Total Fat 4.018 gm 6.181%

Saturated Fat 1.181 gm 5.904%

Trans Fat 0.000 gm

Cholesterol 5.211 mg 1.737%

Sodium 606.535 mg 25.272%

Total Carbohydrate 62.047 gm 20.682%

Dietary Fiber 6.890 gm 27.562%

Total Sugars 10.343 gm

Includes 8.500 gm of Added Sugars

Protein 15.875 gm 31.75%

Vitamin A 0.000\* mcg RAE

Vitamin C 3.589\* mg 5.981%

Vitamin D 0.000\* mcg

Calcium 135.809 mg 13.581%

Iron 3.087 mg 17.151%

Name	Quantity
Tortellini, Cheese, WGR, Tasty Brands 00830WG, 6/5lb	5 lbs.
Seasoning, Broth, Chicken, Unsalted	1 gal., 2 qt., 1 ½ c.
Condiment, Sauce, Soy, Low Sodium, Dry	¾ c.
Seasoning, Oil, Sesame, Toasted	2 tbsp., ½ tsp.
Seasoning, Ginger, Ground	1 tbsp., 1 ¼ tsp.
Seasoning, Garlic Powder, Dry	2 tsp.
Vegetable, Spinach, Fresh	2 qt., ½ c.
Vegetable, Carrots, Shredded, Fresh	1 qt., ¼ c.
Vegetable, Onion, Green, Fresh	¾ c., 2 tsp. Chopped
Condiment, Sauce, Teriyaki, Low Sodium	1 pt., 2 tbsp.
Whole Grain, Egg Roll, Veggie, 3 oz, Tasty Brands 41211	34 roll

## Preparation Instructions

HACCP Process: #2 - Same Day Service

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

2. 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.

3. Remove products from storage using oldest pack date first.

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

4. 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.

### Prepare Green Onions

5. Wash fresh green onions under cold running water or by using chemicals that comply with the 2001 FDA Food Code. Packaged fruits and vegetables labeled as being previously washed and ready-to-eat are not required to be washed.

6. Remove any damaged or bruised areas.

7. Using a clean knife and cutting board dedicated to produce, thinly slice green onions.

8. Cover, label, date, and refrigerate fresh-cut items. Place in cooler to hold cold until service.

CCP: Ensure cold food is held at a temperature below 41° F.

### Prepare Broth

9. Clean top of chicken broth cans before opening. Ensure that can has no dents or defects. Using clean can opener, open can. Discard lid. Caution: Edges are sharp. Use caution when handling.

10. Pour chicken broth into a large stock pot. Add the soy sauce, sesame oil, ground ginger and garlic powder. Mix until combined.

11. Bring pot to a boil, reduce heat and simmer for 10 minutes.

12. Remove product from heat. 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.

Note: Make sure to stir broth prior to portioning if it has been sitting awhile.

### Prepare Tortellini

13. Heat to a full boil 3 quarts of water for each pound of tortellini.

14. Add the frozen tortellini to the boiling water. Gently stir the contents, initially and periodically, to prevent sticking.

15. Boil the tortellini for approximately 3-4 minutes; the tortellini will begin to float.

Potassium 311.671\* mg **6.631%**

Saturated Fat % of Calories **3.038%**

Added Sugar % of Calories **9.720%**

\* 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	2 oz
Whole Grain-Rich	2 oz
Additional Vegetables	0.5 cups
Dark Green	0.125 cups
Red/Orange	0.125 cups

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

17. Drain tortellini and transfer to serving pans.

18. Cover the pan with plastic film and place in warmer. Tortellini can be held up to 1 hour.

Note: Can add a little water to pan to help prevent tortellini sticking together.

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

### **Prepare Egg Rolls**

19. Preheat oven to 350°F.

20. Place frozen egg rolls on parchment lined sheet pans.

21. Bake for 8-10 minutes.

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

22. 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.

### **Assemble Soup**

23. In serving bowl place

- 2.27 oz of tortellini (approx 8-10 pieces)
- 3/4 cup broth
- 1/4 cup spinach
- 1/8 cup shredded carrots
- Sprinkle with 1 tsp green onion
- Drizzle 1 TBSP teriyaki sauce over top
- Serve with one (1) egg roll

24. Offer each student one (1) Asian Fusion Tortellini Soup bowl.

CORRECTIVE ACTION HOT FOOD All cooked food items being held for service that drop below 140° F must be removed from service until such time as they are reheated to 165° F. 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: Record time and internal temperature of completed recipe on daily log.

**USDA Meal Pattern Component Contribution**

Tasty Brands Whole Grain Cheese Tortellini (2.27 oz): 1 oz eq Meat/Meat Alternate and 1 oz eq Whole Grain Rich [MFG]

Tasty Brands Whole Grain Veggie Egg Roll (3oz): 1 oz eq Meat/Meat Alternate, 1 oz eq Whole Grain Rich and 1/2 cup Additional Vegetable [MFG]

Fresh Spinach (1/4 cup): 1/8 cup Dark Green Vegetable [FBG]

Fresh Shredded Carrots (1/8 cup): 1/8 cup Red/Orange Vegetable [FBG]