



# MAINES

**PAPER & FOOD SERVICE, INC.**

## Wake-Up Watercress Soup

**Ingredients** **Yield: 18 Servings**

- 3/4 c. Tofu, drained
- 3 tsp. Celery seed, ground
- 3 Tlb. Fresh basil leaves, chopped
- 1 1/2 tsp. White pepper, ground
- 1 1/2 tsp. Salt
- 2 Tlb. Paprika
- 96 oz. Vegetable stock
- 1 1/2 # Potatoes, peeled, chopped
- 2 ea. Bay leaf
- 1 1/2 oz. Olive oil, extra virgin
- 1 1/2 # onion, yellow, medium diced
- 6 ea. Garlic, clove, peeled, chopped
- 6 c. Watercress leaves, chopped

**Preparation Instructions:**

1. In a blender, combine the tofu, ground celery seeds, basil, white pepper, salt, paprika and 32 oz. of the stock and process until smooth. (Start blender on slow speed and gradually increase speed to prevent eruption)
2. Transfer the stock mixture to large saucepan, add the potatoes, bay leaf, and the remaining stock, and bring the pot to a boil over medium heat. Reduce the heat to low and simmer for approximately 15 minutes.
3. While the soup is simmering, heat the olive oil in a large saute pan over medium heat. Add the onions, garlic and saute for approximately 10 minutes. Then add the sauteed onions and garlic to the soup mixture along with the watercress and simmer for additional 5 minutes.
4. Remove and discard bay leaves.
5. Serve immediately in warm soup bowls.

Ingredients	Product Name	Maines Product Code #	Amount	Cost
Tofu	Fresh	O97776	3/4 c.	\$0.60
Celery seed	Culinary Secrets	345168	3 tsp.	\$0.27
Fresh basil	Fresh	O97240	3 Tlb.	\$0.30
White pepper, ground	Culinary Secrets	345669	1 1/2 tsp.	\$0.05
Salt	Katy's Kitchen	340620	1 1/2 tsp.	\$0.03
Paprika	Culinary Secrets	345590	2 Tlb.	\$0.04
Vegetable base	Custom	234653	96 oz.	\$1.44
Potatoes	Fresh	O97700	1 1/2 #	\$0.31
Bay leaf	Culinary Secrets	345115	2 ea.	\$0.04
Olive oil, extra virgin	Trifoglio	370861	1 1/2 oz.	\$0.21
Onion, yellow	Fresh	O97502	1 1/2 #	\$0.36
Garlic, clove	Markon	O97210	6 ea.	\$0.12
Watercress	Fresh	O97825	6 c.	\$9.42

<b>Recipe Cost</b>	\$13.19
<b>Portion Cost</b>	\$0.73

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$2.95	\$0.73	\$2.22	24.75%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$3.95	\$0.73	\$3.22	18.48%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$4.95	\$0.73	\$4.22	14.75%