



PAPER & FOOD SERVICE, INC.

Turkey Vegetable Soup with Stuffing Dumplings

Ingredients **Yield: 12 serving**

- 1 gal. Water
- 3 oz. Turkey base
- 1 # Onion, yellow, quartered
- 4 ea. Carrots, coarsely chopped
- 4 ea. Celery stalk, coarsely chopped
- 6 ea. Garlic clove, smashed
- 2 ea. Bay leaf
- 10 ea. Whole black peppercorns
- 2 Tlb. Olive oil, extra-virgin
- 4 ea. Eggs, large
- 12 Tlb. Flour, all purpose, plus more as needed
- 1 tsp. Salt, plus more as needed
- t.t. Black pepper, café
- 4 c. Stuffing mix
- 4 sprig Fresh thyme
- 4 c. Turkey meat, diced
- 2 c. Corn kernels
- 1 # Onion, yellow, medium dice
- 4 ea. Carrots, sliced into coins
- 4 ea. Celery stalk, medium dice
- 3 ea. Garlic, minced

Preparation Instructions:

1. In a large stock pot add water, turkey base, quartered onions, coarse chopped carrots and celery, smashed garlic, bay leaf and peppercorns.
2. Bring to boil, and then reduce the heat to maintain a gentle simmer and cook for approximately 1 hours. Remove from the heat and strain the solids from the broth. Pour the liquid through a fine mesh strainer and reserve broth.
3. In a small bowl, whisk the eggs, flour, salt and 1/8 tsp. black pepper together until smooth. Make stuffing according to instructions then add the stuffing and mix until well combined; cover and reserve.
4. Wipe the stockpot clean with a paper towel. Heat the oil in the pot over medium heat. Add the diced onions and garlic and cook until soft and translucent, approximately 6 minutes. Then add the sliced carrots and celery, thyme springs and reserved broth and bring to a simmer, continue cooking until vegetables are just soft, approximately 10 minutes.
5. Roll level tablespoons of the dumpling mixture into balls with wet hands and drop into simmering soup, cook until dumplings float, approximately 4 minutes. Gently stir in the turkey meat, corn, and season with salt and pepper to taste. Continue to simmer until heated through. Serve immediately.

Ingredients	Product Name	Maines Product Code #	Amount	Cost
Water	N/A		1 gal.	\$0.00
Turkey base	Culinary Secrets	234654	3 oz.	\$1.36
Onion, yellow	Fresh	097502	1 #	\$0.32
Carrots	Fresh	097094	4 ea.	\$0.26
Celery	Markon	097135	4 ea.	\$0.13
Garlic, clove	Markon	097210	6 ea.	\$0.12
Bay leaf	Culinary Secrets	345115	2 ea.	\$0.05
Whole black peppercorns	Culinary Secrets	3455617	10 ea.	\$0.03
Olive oil, extra-virgin	Trifoglio	370861	2 Tlb.	\$0.26
Eggs, large	Maines	092113	4 ea.	\$0.36

Flour, all purpose	Gold Medal	381254	12 Tlb.	\$0.12
Salt	Katy's Kitchen	340620	1 tsp.	\$0.02
Black pepper, café	Culinary Secrets	345631	t.t.	\$0.02
Stuffing Mix	Katy's Kitchen	385125	4 c.	\$5.03
Fresh thyme	Fresh	097302	4 sprig	\$0.12
Turkey meat, diced	House of Raeford	118542	4 c.	\$6.12
Corn kernels	Bountiful Harvest	146624	2 c.	\$0.93
Onion, yellow	Fresh	097502	1 #	\$0.32
Carrots	Fresh	097094	4 ea.	\$0.26
Celery	Markon	097135	4 ea.	\$0.13
Garlic, clove	Markon	097210	3 ea.	\$0.12

Recipe Cost	\$16.08
Portion Cost	\$1.34

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$3.95	\$1.34	\$2.61	33.92%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$4.95	\$1.34	\$3.61	27.07%

Suggested Menu Price	Portion Cost	Gross Margin	Food Cost
\$5.95	\$1.34	\$4.61	22.52%