

BAY BROKERAGE PRESENTS

Profit Potential		
Food Cost	Menu Price	Profit
\$2.81	\$5.99	\$3.18

Homemade Turkey Black Bean Soup



Item Description	Amount	Cost
Chopped Onion & Carrot Blend	1 cup	\$0.15
Custom Chicken Base	4.5 oz	\$0.45
McCormick Red Pepper	1/2 tsp	\$0.05
Michigan Turkey OR Skinless Whole Breast, chopped	4 oz	\$0.72
Garlic Clove Finely Chopped	1 clove	\$0.10
Medium Stalk Celery Chopped	1 stalk	\$0.05
Mohawk Bacon Chopped	4 oz	\$0.20
C&F Foods Black Beans, Cooked	15 oz	\$1.09

Spray a large sauce pan with nonstick cooking spray. Add bacon and heat over medium heat until hot. Add the onion and garlic and cook 5 minutes or until onion is tender. Stir in chicken broth, carrot, celery, parsley, oregano and red pepper. Heat to boiling over high heat. Reduce heat, cover and simmer about 10 minutes. Remove 1/2 cup beans and mash with a fork or potato masher. Add the mashed beans and whole beans into the broth mixture and heat through. Add Tabasco Red Pepper Sauce to taste. Makes 4 12 oz servings.

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