

Bison and Barley Soup

Preparation time: 30 minutes | Cook time: 3 hours



HACCP Process: _____ 1 – No Cook _____ 2 – Cook & Same Day Serve 3 – Cook, Cool, Reheat, Serve _____ 4 – SOP Controlled

Ingredients	For 50 Servings		For 100 Servings		Directions
	Weight	Measure	Weight	Measure	
Ground bison, raw	8 lb		16 lb		<ol style="list-style-type: none"> 1. Thaw frozen ground bison in refrigerator at or below 41°F. 2. Add bison, oil, and salt to large stock pot or tilt skillet. Cook bison. Cook, breaking up meat until fully browned through. Critical Control Point: Cook to 160°F for at least 15 seconds. 3. Add the barley and the water to the cooked bison in the stock pot. Cook until barley starts to become tender (about 1 hour). 4. Add the rest of the ingredients (except for the cabbage). Keep cooking until the vegetables become tender. Add more water as needed. Continue cooking for 1-2 hours until the barley is tender. 5. Add the cabbage. Cook until the soup reaches 165°F. Critical Control Point: Heat to 165°F for at least 15 seconds. 6. Portion into soup kettles for serving. Critical Control Point: Hold for hot service at 135°F or higher. Serve an 8 fl oz portion. 7. Any remaining soup may be cooled down to 41°F. Follow this 2-step cooling process: Critical Control Point: a. Cool from 135°F to 70°F within 2 hours. b. Cool from 70°F to 41°F or below within 4 hours. Reheat to 165°F for at least 15 seconds prior to serving again.
Vegetable oil		3 Tbsp		6 Tbsp	
Salt		1 Tbsp		2 Tbsp	
Barley	1 lb 8 oz		3 lb		
Water		3 gal		6 gal	
Onion, fresh, diced		1 qt		2 qt	
Green bell pepper, fresh, diced		1 qt		2 qt	
Celery, fresh, diced		1 1/2 cups		3 cups	
Tomatoes, diced, canned, low sodium		1 qt 1 1/4 cups		2 qt 2 1/2 cups	
Tomato sauce, canned, low sodium		1 qt 1 1/4 cups		2 qt 2 1/2 cups	
Green beans, canned, drained		2 1/2 cups		1 qt 1 cup	
Carrots, diced, frozen		3 3/4 cups		1 qt 3 1/2 cups	
Potatoes, diced, frozen		3 1/2 cups		1 qt 3 cups	
Beef base, low sodium (choose one with meat listed as the first ingredient)		4 Tbsp		8 Tbsp	
Black pepper		1 Tbsp		2 Tbsp	
Onion powder		2 Tbsp		4 Tbsp	
Celery seed		1 Tbsp 1 tsp		2 Tbsp 2 tsp	
Red pepper flakes, dried		1/2 tsp		1 tsp	
Green cabbage, fresh, raw, shredded		1 qt		2 qt	



Bison and Barley Soup



Serving Size: 1 cup (8 fl oz spoodle)

Yield: 50 servings = 3 gallons, 3 quarts | 100 servings = 7 gallons, 2 quarts

Meal Component Crediting (Based on Serving Size)

1 Serving Provides: 1.75 oz meat equivalent, 0.25 oz equivalent grains, 1/4 cup red/orange vegetable, and 1/4 cup other vegetable.

Nutrition Analysis (Based on Serving Size)

Calories (cal)	152
Total Fat (g)	4 g
Saturated Fat (g)	1.7 g
Cholesterol (mg)	31 mg
Sodium (mg)	83 mg
Total Carbohydrate (g)	14 g
Dietary Fiber (g)	3.5 g
Total Sugars (g)	2 g
Added Sugars included (g)	2 g
Protein (g)	13 g
Vitamin D	N/A
Calcium (mg)	31 mg
Iron (mg)	2 mg
Potassium (mg)	294 mg

N/A = data not available

Marketing Guide

Food as Purchased for	50 Servings	100 Servings
Onion, fresh, diced	1 lb	2 lb
Green pepper, fresh, diced	1 lb	2 lb
Celery, fresh, diced	8 oz	1 lb
Cabbage, fresh, shredded	1 lb	2 lb

Notes



Source: Montana Team Nutrition - Harvesting Montana Recipes Contest

Original Source: Marsha Wartick, Ronan Schools, MT

Standardized by: Brittany Moats and staff, Saddle Peak Elementary School, Belgrade, MT and Chef Leah Smutko, Fork and Spoon Kitchen, Bozeman, MT



June 2022, Montana Team Nutrition, www.montana.edu/teamnutrition/, www.montana.edu/mtfarmtoschool/
 This project was funded using U.S. Department of Agriculture grant funds.
 USDA is an equal opportunity provider, employer, and lender.