



G4G CULINARY TRAINING



G4G 2.0 & Armed Forces Recipe Service (AFRS) Culinary Training

Session #3: Scratch-made Soups & Desserts

Total time: 90 minutes for 2 sessions

Participants: 20 (1 group)

Instructors: 2

Class outline:

- ▶ 5 minutes: Introductions (if new instructors) and review training objectives
- ▶ 40 minutes: Training session
 - Scratch-made Desserts (#3A)
- ▶ 40 minutes: Training session
 - Scratch-made Soups (#3B)
- ▶ 5 minutes: Wrap-up, questions & clean up

Session #3A: Scratch-made Desserts

Overview: Introduce newly developed, healthier AFRS dessert concepts.

Session length: 40 minutes

Session format: Instructor demo & participant tasting

Learning objectives:

By the end of the session, participants will be able to:

- ▶ Understand healthier desserts are comparable in flavor to their full-fat and full-sugar counterparts
- ▶ Name healthier ingredients used in new AFRS dessert recipes

Demo recipes for tasting (see Recipes section):

- ▶ [Chocolate Applesauce Cake G-012-50](#), [Carrot Cake G-306-00](#), or [Protein Bomb Blondies \(Chickpea, Peanut Butter\) H-302-00](#)

Instructor notes

- ▶ To better accommodate baking and cooling time for the cake and simmering time for the soup, this session is conducted with one large group.
- ▶ Protein Bomb Blondies* can be prepared and tasted or demonstrated instead of Carrot Cake or Chocolate Applesauce Cake to show that desserts made from legumes can be delicious. Keep in mind that preparing or demonstrating Protein Bomb Blondies requires additional steps, extra time, and certain ingredients and equipment. Plan accordingly and adjust training time as needed.



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- ▶ While the cake is baking, move to session #3B.
- ▶ Extra portions of cake can be saved and served at the next meal as a menu option or taste test for diners.

Ingredients needed for demos and hands-on training:

Chocolate Applesauce Cake (*50 portions = 1 full sheet pan*)

- ▶ 1 lb 5 oz (1 qt + $\frac{3}{4}$ cup + 1 Tbsp) all-purpose flour
- ▶ 10 oz (1 qt) cocoa powder
- ▶ $\frac{3}{4}$ oz (2 Tbsp) baking powder
- ▶ $\frac{3}{4}$ oz (1 Tbsp + 1 tsp) baking soda
- ▶ $\frac{3}{4}$ oz (1 Tbsp + 1 tsp) salt
- ▶ $\frac{1}{2}$ oz (2 Tbsp) cinnamon
- ▶ 2 lb 2 oz (1 qt + $\frac{1}{2}$ cup) brown sugar
- ▶ 1 lb 5 oz ($2\frac{3}{4}$ cups) canola oil
- ▶ 10 $\frac{1}{2}$ oz (1 $\frac{1}{2}$ cups or 6 each) whole eggs
- ▶ 1 lb 8 oz ($2\frac{3}{4}$ cups) low-fat buttermilk
- ▶ 12 oz (1 $\frac{1}{2}$ cups) unsweetened applesauce

Carrot Cake (*50 portions = 1 full sheet pan*)

- ▶ 1 lb 11 oz (1 $\frac{1}{2}$ qt) all-purpose flour
- ▶ $\frac{3}{4}$ oz (2 Tbsp) baking powder
- ▶ $\frac{1}{2}$ oz (1 Tbsp) baking soda
- ▶ 0.38 oz (1 Tbsp + 1 $\frac{1}{2}$ tsp) cinnamon
- ▶ 0.32 oz (1 $\frac{1}{2}$ tsp) salt
- ▶ 0.26 oz (1 Tbsp) nutmeg
- ▶ 0.12 oz (1 $\frac{1}{2}$ tsp) clove
- ▶ 1 lb 12 oz (3 $\frac{1}{2}$ cups + 2 Tbsp) brown sugar
- ▶ 1 lb 2 oz (2 $\frac{1}{2}$ cups) canola oil
- ▶ 12 oz (2 cups or 6 each) whole eggs
- ▶ $\frac{1}{2}$ oz (1 Tbsp + 1 tsp) vanilla extract
- ▶ 1 lb 14 oz (1 $\frac{1}{2}$ qt) carrots, peeled and grated
- ▶ 10 oz (2 $\frac{1}{4}$ cups) seedless raisins
- ▶ Cooking spray

***Protein Bomb Blondies** (*50 portions = 1 full sheet pan*)

- ▶ 5 $\frac{1}{2}$ lb (1 gal) canned chickpeas, drained and rinsed
- ▶ 1 $\frac{1}{2}$ lb (1 $\frac{3}{4}$ qt + $\frac{1}{2}$ cup) quick-cooking oats
- ▶ 15 oz (1 $\frac{1}{2}$ cups) liquid egg
- ▶ 1 lb 10 oz (3 $\frac{1}{2}$ cups) brown sugar
- ▶ 1 lb (2 cups) creamy peanut butter



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- ▶ 1¼ oz (2 Tbsp + 2 tsp) vanilla extract
- ▶ 0.28 oz (1 Tbsp + 1 tsp) salt
- ▶ 0.67 oz (1 Tbsp + 1 tsp) baking soda
- ▶ 1 lb 10 oz (1 qt) chocolate chips
- ▶ Cooking spray

Equipment needed for Carrot Cake demo:

- ▶ Printouts of demo recipes
- ▶ 22 plates, bowls, or paper plates
- ▶ 22 forks
- ▶ 1 large mixing bowl
- ▶ Mixer
- ▶ Whisk attachment for mixer
- ▶ 1 rubber spatula
- ▶ Box grater
- ▶ Sifter or mesh strainer for sifting dry ingredients
- ▶ 18 × 26-inch sheet pan

KITCHEN INSTRUCTIONS

Instructor prep: Make Chocolate Applesauce Cake ahead of time (before training). Prep Carrot Cake ingredients for baking demo and tasting.

Instructor demo (20 minutes): Dessert

1. Demonstrate mixing and baking of Carrot Cake *or* *Protein Bomb Blondies.
2. Discuss dessert talking points as Carrot Cake is baking.

Instructor talking points:

- ▶ Scratch-made desserts allow for more control over sugar and fat.
- ▶ Commercial desserts are often high in added sugar and saturated and trans fat (less healthy and unhealthy types of fat).
- ▶ AFRS is in the process of creating more Green- and Yellow-coded desserts.
 - Redeveloping existing recipes to decrease sugar and fat while maintaining flavor and texture.
 - Creating more modern Green-coded desserts with legumes, whole-wheat flour, applesauce, etc.
- ▶ **Chocolate Applesauce Cake**
 - Revised recipe to reduce added sugar.
 - Use of applesauce allows for the reduction of oil while lending moistness.
 - Cocoa powder is a by-product of chocolate making. It's leftover solids



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when the cocoa butter is extracted from cocoa. It's also naturally high in fiber, which is what allows the chocolate cake to deliver more than 2 grams of fiber per serving.

- ▶ *If using **Protein Bomb Blondies** as a demo recipe in place of Chocolate Applesauce Cake, include the following talking points:
 - Legumes and oats increase fiber and protein.
 - Oats are a whole grain, compared to regular (white) flour, which is refined and has less nutrients.
- ▶ **Carrot Cake**
 - This is a new scratch-made AFRS recipe that codes Yellow.
 - Brown spices and vanilla extract give the perception of sweetness without adding more sugar.
 - Applesauce replaces some of the oil, decreasing the fat.
- ▶ Other Green- and Yellow-coded dessert options include yogurt parfaits, applesauce muffins and cakes, Black Bean Brownie Thins, and fruit salad with yogurt dressing and/or nuts and spices (to set it apart from standard Salad Bar fruit salad).
- ▶ Be creative with items throughout the facility.
 - Create your own parfait with yogurt and fresh fruit.
 - Add cinnamon or a squeeze of lime juice to fresh fruit.
 - Serve apple, pear, or banana with peanut butter.

Session #3B: Scratch-made Soups

Overview: Teach the basics of scratch-made soups.

Session length: 40 minutes

Session format: Group explanation, participant hands-on & tasting

Learning objectives:

By the end of the session, participants will be able to:

- ▶ Understand the health benefits of scratch-made soup over commercially-prepared soup
- ▶ Demonstrate how to prepare soup from scratch

Culinary terms:

- ▶ Mirepoix
- ▶ Aromatics
- ▶ Bloom
- ▶ Simmer

Demo recipes for tasting:

- ▶ [Creole Soup P-003-00 \(modified\)](#)



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Ingredients needed for hands-on training:

Creole Soup (33 portions)

- ▶ ¼ cup canola oil
- ▶ 5 cups (~1.6# as purchased [AP]) yellow onion
- ▶ 3½ cups (1# AP) celery
- ▶ 6⅔ cups (~2.25# AP) green bell pepper
- ▶ ⅔ cup garlic, pre-minced in water
- ▶ 10 cups (~5.2 lbs) diced tomatoes, canned
- ▶ ½ cup low-sodium vegetable base paste
- ▶ 1¼ gal hot water
- ▶ 3 bay leaves
- ▶ 2 Tbsp salt
- ▶ 1 tsp pepper
- ▶ 1 Tbsp + ¼ tsp dried thyme
- ▶ 1 tsp cayenne pepper
- ▶ 1 tsp white pepper
- ▶ 1 cup + 3 Tbsp Worcestershire sauce
- ▶ 1 Tbsp hot sauce
- ▶ ⅔ cup (~1.25 oz AP) fresh parsley, chopped
- ▶ 1 cup (~2.875 oz AP) green onions, sliced thin
- ▶ 2⅓ cups rice, white, parboiled, long-grain

Equipment needed for hands-on training:

- ▶ Printouts of demo recipes
- ▶ 22 mugs, bowls, or paper cups
- ▶ 22 spoons
- ▶ Small steam-jacketed kettle or extra-large stock pot
- ▶ 1 whisk
- ▶ 2 large ladles
- ▶ 2 small ladles
- ▶ (2) 1-gallon containers

KITCHEN INSTRUCTIONS

Instructor prep: Have ingredients available.

Instructor notes: While one instructor leads the hands-on session, the other instructor should monitor the cake for doneness and remove it from the oven to cool when finished baking. To allow the maximum amount of time for cooling, taste the prepared dessert while the soup cooks.



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Staff hands-on (15 minutes):

1. Make Creole Soup by dividing up tasks among participants.
 - Chop veggies.
 - Measure spices and flavorings.
 - Measure canned tomatoes and rice.
 - Make vegetable base.
2. Instructor demonstrates steps to cook soup and puts on stove to simmer.
3. While soup simmers, instructors discuss soup talking points and participants taste dessert that was prepared ahead of training.
4. Once soup has simmered for at least 20 minutes, remove from stove and serve.

Instructor talking points (15 minutes):

- ▶ Scratch-made soup allows for control over sodium and flavor.
 - It contains no added preservatives (beyond what's in the soup base).
 - It allows for flavor control and adjustment based on your diners' preferences.
 - > Example: Heat intensity.
 - > *Note: Refer to [G4G AFRS Culinary Training #2](#) for tips on how to season without changing G4G codes.*
 - Examples of ways to adjust seasonings:
 - > Add extra garlic.
 - > Increase or decrease cayenne pepper.
 - > Add fresh herbs (generally mixed in towards the end of cooking).
 - > Finish with a bit of vinegar or citrus juice to brighten flavors.
 - Use leftover vegetables from other recipe prep or extra vegetables from the Salad Bar (onion, bell pepper, carrots, or beans).
 - Can often use frozen vegetables for a comparable product (carrots, broccoli, cauliflower); AFRS recipes often provide these variations.
- ▶ Add layers of flavor by first sautéing “mirepoix” (flavor base made from aromatic diced vegetables).
 - Use aromatics: Vegetables and herbs that when heated in fat release aromas and flavors that help create the base for soup.
 - > Classic: onion, carrot, and celery.
 - > Cajun or Creole cuisine (“the Holy Trinity”): onions, bell peppers, and celery.
 - > New AFRS recipes use a lot of onion, garlic, herbs, and spices.
- ▶ Adding spices when sautéing the vegetables in oil “blossoms” the spices, releasing their fat-soluble flavor and better distributing flavor throughout the dish.



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- ▶ Cut vegetables about the same size for an even cook time.
 - Thicker or more dense vegetables may be added to soup first to cook longer than delicate or smaller vegetables (for example, potatoes before kale).
- ▶ AFRS recipes use vegetable, chicken, or beef broth instead of water because it provides more flavor.
 - Revised AFRS recipes use vegetable broth when there isn't meat in the recipes, so they're fully vegetarian.
- ▶ Simmer, don't boil soup.
 - Simmering produces small bubbles, just below boiling.
 - > Simmering gently cooks vegetables or meat, combines flavors, and hydrates starches like pasta and rice without breaking them down.
 - Boiling produces large bubbles, which cooks ingredients more vigorously.
 - > Boiling might break down vegetables, toughen meat, and cause rice or pasta to fall apart.
- ▶ Some recipes call for draining and rinsing canned beans because this helps control sodium content in the soup. Canned beans are usually high in sodium because they are packaged and processed with added salt. Other than potentially high sodium content, canned beans are packed with valuable nutrients.
 - Recipes might call for beans and liquid. The liquid is used as flavoring and to help thicken the soup (and the salt in the beans is accounted for when seasoning the recipe).
 - Read the ingredient list for a description of beans.
 - Follow recipe directions to see if beans should be drained or rinsed.
- ▶ Be mindful of salt content.
 - Use low-sodium vegetable, chicken, or beef broth or soup base as stated in the recipe.
 - Canned beans and canned tomatoes contain salt, so carefully read ingredient descriptions and methods to determine if these ingredients should be drained.
 - Recipes should reflect the recipe cards. Also, don't add more salt than the recipe calls for as this could change the G4G sodium code.
 - > Diners can season as preferred at the table.
 - > Revised and new AFRS recipes are more flavorful!
 - > New recipes include added seasonings, increased salt (to account for the switch from the original very high-sodium soup and gravy base to newer low-sodium soup bases), different cooking methods, and new ingredients (more veggies and acids).
 - > To adjust the flavor of a finished soup, test a small portion of it



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before adding the flavoring ingredient to the whole batch.

- > Ladle out a small portion of the soup into a bowl and adjust the seasoning from there (add vinegar to round out flavor and provide a “fresh” note, increase garlic or rosemary for more savory notes, etc.).
- > Once you add in what’s needed, then adjust the large batch of soup based on your small sample.
- If you’re not sure if your recipes are new, revised, or “legacy,” you can compare your version to the new or revised versions on the G4G section of the HPRC website (<https://www.hprc-online.org/nutrition/go-green/food/recipes>).
- For example, compare the legacy Creole Soup recipe against the newly revised Creole Soup recipe.
 - > Chicken or beef broth (made from the original high-sodium soup and gravy base) → vegetable broth keeps it more in line with the flavor profile (and includes the new low-sodium soup base).
 - > Spaghetti → rice make the recipe more authentic.
 - > Adding celery, garlic, tomatoes, and green onions means more flavor and color.
 - > Adding celery and garlic to mirepoix gives more flavor.
 - > Black pepper as seasoning → added thyme, white pepper, cayenne pepper, parsley, salt, and bay leaves add more flavor and make it more authentic.
 - > Adding spices while sautéing mirepoix enables the heat and oil to help release more flavor from spices.
 - > Adding Worcestershire sauce and hot sauce means elevated flavor and heat.
 - > Add rice last so it simmers for a short time and doesn’t break down.

Staff tasting (10 minutes):

- ▶ Pre-prepared Chocolate Applesauce Cake
- ▶ Creole Soup
- ▶ Carrot Cake (or Protein Bomb Blondies) made during training session

Wrap-up and discussion (5 minutes):

1. There are ways to get the most flavor out of soup ingredients.
2. The hardest part about making soup from scratch is often the veggie prep, so pre-cut or shredded veggies can be used (when available) to save time.
 - Most soups contain a blend of vegetables that are simmered until tender. Therefore, most vegetable cuts will cook about the same time as long as they’re cut about the same size. If a recipe calls for ½-inch dice and the vegetable is ¾ to 1-inch dice, add a few extra minutes to the cooking time.



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3. Most soups are fairly easy and “forgiving” to make, meaning you can adjust them to include whatever ingredients you have on hand.
 - Soups are great vehicles for using leftovers such as pre-cut or cooked veggies, rice, pasta, potato, other grains, and meat or poultry.
4. Scratch-made desserts allow for control over sugar and fat.
5. Yellow-coded desserts from AFRS can be simple to make and as enjoyable or more so than comparable Red-coded commercial counterparts.

RECIPES

3A DEMO Recipe #1:

Chocolate Applesauce Cake (Yellow, Moderate)

G-012-50 (modified)

Servings: 50
Prep time: 15 minutes
Cook time: 22–24 minutes

Ingredients:

- ▶ 1 lb 5 oz (1 qt + $\frac{3}{4}$ cup + 1 Tbsp) all-purpose flour
- ▶ 10 oz (1 qt) cocoa powder
- ▶ $\frac{3}{4}$ oz (2 Tbsp) baking powder
- ▶ $\frac{3}{4}$ oz (1 Tbsp + 1 tsp) baking soda
- ▶ $\frac{3}{4}$ oz (1 Tbsp + 1 tsp) salt
- ▶ $\frac{1}{2}$ oz (2 Tbsp) cinnamon
- ▶ 2 lb 2 oz (1 qt + $\frac{1}{2}$ cup) brown sugar
- ▶ 1 lb 5 oz ($2\frac{3}{4}$ cups) canola oil
- ▶ 10 $\frac{1}{2}$ oz (1 $\frac{1}{2}$ cups or 6 each) whole eggs
- ▶ 1 lb 8 oz ($2\frac{3}{4}$ cups) low-fat buttermilk
- ▶ *Note: If buttermilk is unavailable, mix 1 Tbsp + 2 tsp (1 oz) lemon juice with $2\frac{3}{4}$ cups (22 oz) nonfat milk. Allow mixture to stand for 5 minutes.*
- ▶ 12 oz (1 $\frac{1}{2}$ cups) unsweetened applesauce

Directions:

- ▶ Thaw CP: If frozen, thaw eggs under refrigeration at 41°F (5°C).
1. Preheat oven to 325°F (163°C).
 2. Sift together flour, cocoa, baking powder, baking soda, salt, and cinnamon in a mixing bowl fitted with a paddle attachment. Add brown sugar.
 3. Gradually add oil while mixing on low speed for 1 minute. Scrape down bowl.
 4. Gradually add eggs in stages while mixing on low speed for 1 minute. Scrape down bowl.



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5. Combine buttermilk and applesauce. Add to mixer bowl and mix on medium speed for 2 minutes until smooth and well incorporated.
6. Spray each sheet pan with cooking spray.
7. Pour batter onto greased sheet pan and spread evenly.
8. Using an oven on convection mode, bake at 325°F (163°C) on low fan for 22–24 minutes.
9. Cool. Frost if desired. Cut into 6 × 9-inch squares.

Notes:

1. This recipe was developed using a Rationale Combi Oven set to convection mode. If using other models of combi oven or a convection oven, times may vary (if using an older convection oven, you might need to add a few minutes to the cook time to achieve the desired end state for the recipe).
2. If buttermilk is unavailable, combine 2¾ cups (10 oz) nonfat milk with 1 Tbsp + 2 tsp (1 oz) lemon juice. Allow mixture to stand for 5 minutes. Use as directed in Step 5. (Reconstituted non-fat dry milk will work in the absence of fresh milk.)
3. It's best to use unsweetened applesauce, but if only sweetened is available, it will not change the G4G color code.
4. If frosted, the cake will code Red.

3A DEMO Recipe #2:

Carrot Cake (Yellow, Low)

G-306-00 (modified)

Servings: 55
Prep time: 15 minutes
Cook time: 20–24 minutes

Ingredients:

- ▶ 1 lb 11 oz (1½ qt) all-purpose flour
- ▶ ¾ oz (2 Tbsp) baking powder
- ▶ ½ oz (1 Tbsp) baking soda
- ▶ 0.38 oz (1 Tbsp + 1½ tsp) cinnamon
- ▶ 0.32 oz (1½ tsp) salt
- ▶ 0.26 oz (1 Tbsp) nutmeg
- ▶ 0.12 oz (1½ tsp) clove
- ▶ 1 lb 12 oz (3½ cups + 2 Tbsp) brown sugar
- ▶ 1 lb 2 oz (2½ cups) canola oil
- ▶ 12 oz (2 cups or 6 each) whole eggs



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- ▶ ½ oz (1 Tbsp + 1 tsp) vanilla extract
- ▶ 1 lb 14 oz (1½ qt) carrots, peeled and grated
- ▶ 10 oz (2¼ cups) seedless raisins
- ▶ Cooking spray

Directions:

- ▶ Thaw CP: If frozen, thaw eggs under refrigeration at 41°F (5°C).
1. Prepare all fruits and vegetables in accordance with **G4G Technical Guidelines: Produce Guidelines A-G-31**. Peel carrots and grate on a box grater.
 2. Preheat oven to 325°F (163°C).
 3. In a large bowl, sift together flour, baking powder, baking soda, cinnamon, salt, nutmeg, and clove. Set aside.
 4. In a mixing bowl with the whisk attachment, combine brown sugar, oil, eggs, and vanilla extract. Mix on medium speed for 1 minute until fully incorporated.
 5. Add half of sifted dry ingredients to mixing bowl. Mix on low speed for 1 minute. Scrape down bowl.
 6. Add remaining dry ingredients. Mix on low speed for 30 seconds until just combined. Scrape down bowl. Fold in grated carrots and raisins.
 7. Spray each sheet pan with cooking spray.
 8. Evenly spread batter in pan.
 9. Using a convection oven, bake at 325°F (163°C) for 20–24 minutes on low fan until golden brown.
 10. Cool. Frost if desired. Cut into 6 × 9-inch squares.

Note: This recipe was developed using a Rationale Combi Oven set to convection mode. If using other models of combi oven or a convection oven, times may vary (if using an older convection oven, you might need to add a few extra minutes to the cook time to achieve the desired end state for the recipe).

3A DEMO Recipe #3:

Protein Bomb Blondies (Chickpea, Peanut Butter) (Yellow, Moderate)

H-302-00 (modified)

- Servings:** 50
- Prep time:** 25 minutes
- Cook time:** 16–18 minutes



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Ingredients:

- ▶ 5½ lb (1 gal) canned chickpeas, drained and rinsed
- ▶ 1½ lb (1¾ qt + ½ cup) quick-cooking oats
- ▶ 15 oz (1½ cups) liquid eggs
- ▶ 1 lb 10 oz (3½ cups) brown sugar
- ▶ 1 lb (2 cups) creamy peanut butter
- ▶ 1¼ oz (2 Tbsp + 2 tsp) vanilla
- ▶ 0.28 oz (1 Tbsp + 1 tsp) salt
- ▶ 0.67 oz (1 Tbsp + 1 tsp) baking soda
- ▶ 1 lb 10 oz (1 qt) chocolate chips
- ▶ Cooking spray

Directions:

- ▶ There are two methods, so choose one based on available equipment.

Method 1:

- ▶ Pan size or special equipment: Buffalo chopper, mixer, and (2) 18 × 26-inch sheet pans
 - ▶ Thaw CP: If frozen, thaw eggs under refrigeration at 41°F (5°C).
1. Prepare chickpea puree:
 - 2 qt (2 lb 12 oz) chickpeas
 - 3¾ cups (12 oz) oats
 - ¾ cup (6 oz) liquid eggs
 - > Place chickpeas in the buffalo chopper and blend for 1–2 minutes or until they're mashed.
 - > Add half of the oats to the buffalo chopper and continue to blend for 30 seconds–1 minute. Add half of the liquid eggs and mix for an additional 30 seconds until fully blended. Repeat with the remaining oats and liquid eggs.
 2. In a Hobart mixer bowl with the paddle attachment, combine chickpea puree, sugar, peanut butter, and vanilla. Mix on low speed for 1 minute.
 3. Add salt and baking soda. Mix on low speed for 1 minute. Scrape down sides of bowl and mix for an additional 30 seconds.
 4. Add chocolate chips to the batter and mix on low speed for 30 seconds or just long enough to incorporate.
 5. Spray each sheet pan with cooking spray.
 6. Transfer batter to sheet pans. Spread evenly in pans.
 7. Bake in oven on convection mode at 350°F (177°C) for 16–18 minutes (rotating pan halfway through), or until a toothpick inserted in the center comes out clean.
 8. Cool. Cut each sheet pan into 5 × 10-inch squares.



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Method 2:

- ▶ Pan size or special equipment: Food processor or Robot Coupe, mixer, and (2) 18 × 26-inch sheet pans
 - ▶ Thaw CP: If frozen, thaw eggs under refrigeration at 41°F (5°C).
1. Process oats in food processor or Robot Coupe for 30 seconds or until they reach a flour-like consistency. Set aside.
 2. Prepare chickpea puree:
 - 1 gal (5 lbs 8 oz) chickpeas
 - 1½ cups (12 oz) eggs
 - > Combine half of the chickpeas with half of the eggs in the food processor for 1–2 minutes or until pureed texture is achieved. Repeat with the remaining chickpeas and eggs.
 3. In a Hobart mixer bowl with the paddle attachment, combine chickpea puree, sugar, peanut butter, and vanilla. Mix on low speed for 1 minute.
 4. Add quick-oat flour mixture, salt, and baking soda. Mix on low speed for 1–2 minutes. Scrape down sides of mixing bowl and mix for an additional 30 seconds.
 5. Add chocolate chips to the batter and mix on low speed for 30 seconds or just long enough to incorporate.
 6. Spray each sheet pan with cooking spray.
 7. Transfer batter to sheet pans. Spread evenly in pans.
 8. Bake in oven on convection mode at 350°F (177°C) for 16–18 minutes (rotating pan halfway through) or until a toothpick inserted in the center comes out clean.
 9. Cool. Cut each sheet pan into 5 × 10-inch squares.

3B DEMO Recipe #1:

Creole Soup with White Rice (Yellow, High)

P-003-00 (modified)

Servings: 33

Prep time: 20 minutes

Cook time: 20–25 minutes

Ingredients:

- ▶ ¼ cup canola oil
- ▶ 1¼ qt (~1 lb 10 oz as purchased [AP]) yellow onion
- ▶ 3½ cups (1 lb 1 oz AP) celery
- ▶ 1½ qt + ⅔ cup (~2 lb 3 oz AP) green bell pepper



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- ▶ ½ cup garlic, pre-minced in water
- ▶ 2½ qt (~5 lb 3 oz) diced tomatoes, canned
- ▶ ½ cup vegetable base paste, low-sodium
- ▶ 1¼ gal hot water
- ▶ 3 bay leaves
- ▶ 2 Tbsp salt
- ▶ 1 tsp pepper
- ▶ 1 Tbsp + ¼ tsp dried thyme
- ▶ 1 tsp cayenne pepper
- ▶ 1 tsp white pepper
- ▶ 1 cup + 3 Tbsp Worcestershire sauce
- ▶ 1 Tbsp hot sauce
- ▶ ⅔ cup (~1.25 oz AP) fresh parsley, chopped
- ▶ 1 cup (~2.875 oz AP) green onions, sliced thin
- ▶ 2½ cups rice, white, parboiled, long-grain

Directions:

1. In accordance with Armed Forces food safety protocol, reference the [G4G Technical Guidelines: Produce Guidelines A-G-31](#) for specific wash, sanitize, rinse, and handling instructions for each fruit or vegetable in the recipe. This is critically important to ensure food safety.
2. Rehydrate vegetable stock: Add vegetable base to hot water and stir well. Set aside.
3. Sauté green peppers, onions, celery, garlic, thyme, and white, black, and cayenne pepper in oil in a steam-jacketed kettle or stockpot for 8 minutes until tender and fragrant.
4. Add vegetable stock, tomatoes, Worcestershire sauce, green onions, parsley, hot sauce, and bay leaves to mixture. Stir to blend well.
5. Bring soup to a boil. Add rice, stir, and cover. Reduce heat and simmer for 20–25 minutes until the rice is tender and the flavors have blended. Remove bay leaves. CCP: Internal temperature must reach 145°F (63°C) or higher for 15 seconds.
6. Transfer soup to serving pans. CP: Hold for hot service at 135°F (57°C) or higher.

Notes:

1. In Step 3, 1¾ oz (½ cup) granulated garlic (per 100 portions) can be substituted for fresh, minced garlic.
2. In Step 3, ⅔ cup canola oil (per 100 portions) can be substituted for olive oil.
3. Minor's low-sodium, concentrated vegetable base paste was used in the development of this recipe to make vegetable broth. If using a different brand, refer to manufacturer's instructions for reconstitution rates.