

Red-Bean Soup w/ Gremolata

Healthy Hispanic Dishes

Serves: 15

Ingredients

- 1 pound dried red kidney beans, rinsed
- 1 large onion, diced small
- 4 large garlic cloves, minced
- 4 fresh aji dulce chilies, stemmed, seeded and diced small
- 2 cubanelle peppers, seeded and diced
- ½ cup cilantro leaves
- ¼ cup chopped sundried tomatoes packed in oil
- ¼ cup extra-virgin olive oil
- 1 bay leaf
- ½ tsp smoked paprika
- 2 ½ quarts water
- 1 tbl fresh lime juice

For Gremolata:

- 1 tsp grated lemon juice
- 1 garlic clove, minced
- ¼ cup flat leaf parsley, chopped
- 2 ½ quarts water
- 1 tbl fresh lemon juice

Directions:

Place beans in large pot with enough water to cover beans by 2 inches. Bring to a boil, then boil an additional 2 minutes. Remove from heat and let stand, covered for 1 hour. Drain well.

Cook onion, garlic, chilies, cubanelles, cilantro and sundried tomatoes in oil in a large heavy pot, over medium heat. Stir occasionally, until browned. Add bay leaf and paprika and cook, then add beans and water and simmer, covered until beans are very tender.

Puree soup in batches in a blender. Reheat over medium heat, season with salt and pepper if needed. Stir in lemon juice.

Prepare Gremolata by stirring together zest, garlic, parsley.

Serve soup topped with Gremolata and drizzled with oil...ENJOY...



Sysco Menu Item Report

Sysco San Francisco Inc

510 226-3000

Menu Item Name: **Red Bean Soup**

Serves - 15 for \$74.25

	Plate/Serving	Total	%
Price:	\$4.95	\$74.25	
Cost:	\$0.72	\$10.74	14.46
Profit:	\$4.23	\$63.51	85.54

SUPC	S	Description	Brand	Seq	Qty	Type	Unit Cost	XCost	Mrgn
5066097		BEAN KIDNEY DARK RED DRIED	SYS CLS	1	1.00	LB	\$1.53	\$1.53	0.14
1165992		*ONION YELLOW #2 JUMBO FRESH	PACKER	2	0.50	LB	\$0.33	\$0.17	0.02
0637355		CHILE DRY AJI AMARILLO	CHILEGY	3	3.00	OZ	\$1.73	\$5.20	0.48
0617183		CHILE DRY GUAJILLO	CHILEGY	4	3.00	OZ	\$1.08	\$3.25	0.30
1048248		CILANTRO BUNCH FRESH	SYS IMP	5	0.50	CP	\$0.62	\$0.31	0.03
6168365		OIL OLIVE EVRGN	AUGURI	6	0.25	CP	\$0.24	\$0.06	0.01
5806750		SPICE PAPRIKA SMK	MC CORM	7	0.50	TS	\$0.02	\$0.01	0.00
4063095		JUICE LEMON PSTRZD ULTRA PREM	SYS NAT	8	1.00	TB	\$0.01	\$0.01	0.00
1821537		GARLIC PEELED FRESH JAR	SYS NAT	9	1.00	TS	\$0.00	\$0.00	0.00
1908359		PARSLEY BUNCH FDSVC	SYS IMP	10	1.00	TS	\$0.01	\$0.01	0.00
0138818		JUICE LEMON	REALEMN	11	1.00	TB	\$0.01	\$0.01	0.00
1974658		TOMATO SUNDRIED HALVES IN OIL	TRAINA	12	0.50	CP	\$0.38	\$0.19	0.02
		WATER			1.25	QT			
		LEMON JUICE			1.00	TB			