

# Soups And Casseroles

## Store Leftovers Properly

Hot foods need to be kept at 140° F or above and cold foods need to be kept at 40° F or below. When foods are not kept at the proper temperatures bacteria will begin to grow, which could lead to a foodborne illness. Follow the rules listed below to prevent bacteria from growing.

- Hot foods need to reach 40° F within 2 hours of being removed from the heat source (stove, oven, microwave oven, etc.). Any perishable food, including cut produce, left at room temperature for more than 2 hours needs to be thrown in the garbage.



**Remember,  
the clock is ticking.**

- Place all of your leftovers in a clean, preferably airtight storage container or resealable food storage bag.
- Be sure to divide large amounts of leftover foods into smaller portions so they will cool more quickly. Shallow containers no more than 4 inches deep work the best.

- If you are going to use plastic wrap to cover your leftovers, be sure to wrap tightly so there is a good seal.
- It is important to label your leftovers with the name and date they were opened or prepared. Just don't forget to check the date frequently, throwing the old leftovers into the garbage. (See storage chart in the Other Items section.)
- Leftovers from a restaurant also need to reach a temperature of 40°F within 2 hours. It is not a good idea to run errands or go to a movie before returning home if there are leftovers in the car.



### What NOT To Do When Storing Leftovers

- Metal pots/pans used to cook food do not make good containers for storing leftovers.
- Placing a paper towel or a loose piece of aluminum foil over a plate of leftovers does not count as covering leftovers.
- Do not leave the serving spoon in the storage container.
- Do not rely on your sense of smell, touch, or taste to determine if a leftover is still safe to eat.





## *Potato Soup*

6 medium potatoes  
1/4 cup butter  
1/2 cup flour  
6 cups milk  
2 teaspoons chicken bouillon  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 pound cheddar cheese

1. **Scrub the potatoes with a vegetable brush while holding under cold running water.** Once clean, peel and cube the potatoes.
2. In a large pot, boil potatoes until they can be pierced with a fork. Remove from heat and drain the excess water. Mash potatoes until they reach a lumpy consistency.
3. In a separate pan melt the butter. Add flour and cook over low heat while stirring. After a minute, add half the milk (3 cups) and stir until the lumps are out of the flour mixture.
4. Add the remaining milk (3 cups) and turn up the heat to medium high. Heat to a boil while stirring continuously.
5. After boiling turn the heat off and add the remaining ingredients including the mashed potatoes and stir.
6. **If you are not serving right away, set the stove temperature to a low setting that will keep the temperature of the soup above 140°F.**



### *Additional Food Safety Notes Related To This Recipe*

- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One should be used for raw meats, poultry, and seafood while the other should be used for fresh produce and breads.
- Be sure to clean and sanitize the sink before you wash your produce.
- Wash hands correctly
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Crock pots and slow cookers can be used to keep your soup at a safe temperature.
  - You have 1 hour to put any leftovers into the refrigerator.
- When storing leftovers, divide into small portions and place into a clean, airtight, shallow storage container. Do not forget to label the container with the name and the date, and store in a refrigerator that is 40°F. or below.
- When reheating leftover soup, use a cooking thermometer. Reheated soup needs to reach a temperature of 165°F.

#### Recipe Source

<http://www.food.com/recipe/potato-soup-3596>



## *Roasted Tomato Basil Soup*

- 3 pounds plum tomatoes
- 1/4 cup olive oil plus 2 tablespoons
- 1 tablespoon salt
- 1 1/2 teaspoons black pepper
- 2 yellow onions
- 6 garlic cloves
- 2 tablespoons unsalted butter
- 1/4 teaspoon crushed red pepper flakes
- 1 (28 ounce) canned plum tomatoes, with their juice
- 4 cups fresh basil leaves
- 1 teaspoon thyme
- 1 quart chicken stock

1. **Hold tomatoes under running water in both palms and rub, turning continuously. Once clean, wipe dry with a clean paper towel.** Preheat oven to 400°F. In a bowl, toss the tomatoes, 1/4 cup of olive oil, salt and pepper. Place mixture on a baking sheet and roast for 45 minutes.
2. Remove the outer skin from the onion and garlic. **Scrub with a vegetable brush while holding under cold running water.** Chop the onion and mince the garlic.
3. Place a large stock pot over medium heat. Add the onions, garlic, red pepper flakes, the remaining 2 tablespoons of olive oil, and the butter. Sauté for 10 minutes.
4. Add the canned tomatoes, basil, thyme, chicken stock, and oven roasted tomatoes (including the liquid on the baking sheet).
5. Bring to a boil. Lower heat and simmer uncovered for 40 minutes.



6. Pass tomato soup through a food mill with the coarsest blade.
7. **If you are not serving right away, place the soup back into the pot and keep the soup hot (above 140°F.) until ready to serve. Use a thermometer to check the temperature before serving.**

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- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Clean and sanitize the cutting board before and after each use.
- Wash hands correctly
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Crock pots and slow cookers can be used to keep your soup at a safe temperature.
  - You have 1 hour to put any leftovers into the refrigerator.
- When storing leftovers, divide into small portions and place into a clean, airtight, shallow storage container. Do not forget to label the container with the name and the date.
- When reheating leftover soup, use a cooking thermometer. Reheated soup needs to reach a temperature of 165°F.

### Recipe Source

<http://www.foodnetwork.com/recipes/ina-garten/roasted-tomato-basil-soup-recipe/index.html>



## *Cheesy Squash Casserole*

- 6 medium yellow summer squash
- 1 large Vidalia onion
- 1 tablespoon vegetable oil
- 1 tablespoon butter
- 1/2 cup grated Parmesan cheese
- 1 cup shredded sharp Cheddar cheese
- 1/2 cup sour cream
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper
- 1 sleeve saltine crackers, crushed

1. Remove the outer skin from the onion. **Scrub the onion and squash with a vegetable brush while holding under cold running water. Slice the onion and squash on your produce cutting board.**
2. Heat oil over medium heat in a large skillet. Add the squash, onion, and butter to the skillet. Cook onions and squash until they are soft, about 5 minutes. Transfer to a bowl and stir in Parmesan cheese, Cheddar cheese, sour cream, salt, and pepper.
3. Place mixture into a greased casserole dish and sprinkle the cracker crumbs evenly over the top.
4. Preheat the oven to 350°F. Place the casserole dish on the center rack in the preheated oven and bake until the top is golden and bubbly, about 20 minutes.



### *Additional Food Safety Notes Related To This Recipe*

- When buying squash in the grocery store, be sure that they are bright in color with a smooth glossy skin. Avoid those that are soft and have spots. Onions should be hard with dry papery skins. They should be free of green spots or green leathery areas.
- When buying cheese in the grocery store, be sure that the package has no broken seals and there is no discoloration or mold found on the cheese.
- Be sure to read the expiration date found on the cheese and sour cream packages before each use. Do not use the cheese or sour cream if it is past the expiration date. The expired product should be thrown into the garbage.
- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- Be sure to clean and sanitize the sink before you wash your produce. Use a clean small brush to scrub around and in the drain to get rid of dirt and grime. A toothbrush works well for cleaning your drain (just do not use the tooth brush to brush your teeth afterwards).



- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One should be used for raw meats, poultry, and seafood while the other should be used for fresh produce and breads.

### Recipe Source

<http://www.foodnetwork.com/recipes/paula-deen/cheesy-squash-casserole-recipe/index.html>



## *Sloppy Joe and Macaroni Casserole*

3 to 4 cloves garlic  
1 red bell pepper  
1 onion  
3 tablespoons dark brown sugar  
3 tablespoons red wine vinegar  
3 tablespoons Worcestershire sauce  
One 15-ounce can tomato sauce  
12 ounces elbow macaroni with ridges  
2 tablespoons olive oil  
1 1/2 pounds ground beef (80-to-85-percent lean)  
1/4 teaspoon salt  
1/4 teaspoon pepper  
1 cup beef broth  
2 cups shredded yellow Cheddar cheese

1. Remove the outer skin of garlic and onion. **Scrub the garlic, onion, and bell pepper with a vegetable brush while holding under cold running water.** Remove the stem and seeds from the bell pepper. **Finely chop the garlic, onion and bell pepper on your produce cutting board.**
2. Combine the brown sugar, vinegar, Worcestershire sauce and tomato sauce in a small bowl and set to the side.
3. Bring a large pot of water to a boil. Add the macaroni and cook until not quite tender, about 5 minutes. Drain and place noodles to the side.
4. Heat oil over medium heat in a large skillet. Remove wrapper from the ground beef and add to the skillet. **Wash hands using soap and warm water.** Season beef with salt and pepper and cook until browned.

5. Add the garlic, bell peppers, and onions to the skillet and cook for 5 minutes, stirring occasionally.
6. Pour the tomato mixture over the beef and add the beef broth. Stir until well mixed. Simmer until sauce thickens, about 5 to 10 minutes. Remove from heat. Add the cooked noodles to the skillet and stir. Pour the mixture into a large casserole dish and top with the cheese
7. Preheat the oven to 400°F. Bake casserole in the preheated oven for 20 minutes. **After 20 minutes, insert a cooking thermometer into the center of the casserole. Continue baking until the internal temperature reaches 160°F.**

### *Additional Food Safety Notes Related To This Recipe*

- Be sure to store the ground beef on a plate on the bottom shelf of the refrigerator. Check the refrigerator temperature to be sure it is between 35 and 40 degrees F.
- Canned tomatoes should be stored in a cool dry place. If there are any signs that the can is dented, leaking, swollen, or rusted, it should be thrown into the garbage.
- Wash the can's lid with a damp cloth before opening. After opening the can, wash the can opener with soap and warm water.
- When buying cheese in the grocery store, be sure that the package has no broken seals and there is no discoloration or mold found on the cheese.
- Be sure to read the expiration date found on the cheese package before each use. Do not use the cheese if it is past the expiration date. The expired product should be thrown into the garbage.

### Recipe Source

<http://www.foodnetwork.com/recipes/rachael-ray/sloppy-joe-and-macaroni-casserole-recipe/index.html>



## *Jambalaya Casserole*

1/2 large yellow onion  
2 garlic cloves  
1/2 large green pepper  
1/2 rib of celery  
1 tomato  
1/4 cup butter  
1/2 pound fully cooked smoked sausage  
1 1/2 cups chicken broth  
1 cup uncooked long grain rice  
1 green onion  
1 tablespoon parsley  
1-1/2 teaspoons Worcestershire sauce  
1-1/2 teaspoons hot pepper sauce  
1-1/2 teaspoons browning sauce  
1/2 teaspoon salt  
1/2 teaspoon pepper

1. Remove the outer skin from the onion and garlic. **Scrub onion, green pepper, celery, garlic, and tomato with a vegetable brush while holding under cold running water. Hold the green onion under cold running water while rubbing with tip of fingers.** Chop onion, green pepper, celery, tomatoes and green onions on your produce cutting board. Mince garlic in a food processor.
2. Heat butter over medium heat in a large skillet. Add the onions, green peppers, celery and garlic to the skillet and sauté until crisp-tender. Transfer to a very large bowl and stir in the remaining ingredients.
3. Place mixture into a greased casserole dish and tightly cover with aluminum foil.

4. Preheat the oven to 375°F. Place the casserole dish on the center rack of the preheated oven and bake for 40 minutes. Stir the casserole twice during the 40 minute cooking process. **After 40 minutes, insert the cooking thermometer into the center of the casserole. Continue baking until the internal temperature reaches 145°F and the rice is tender.**

### *Additional Food Safety Notes Related To This Recipe*

- When shopping in the grocery store, smoked sausage and fresh produce should be the last items to go into your cart. Go straight home after leaving the grocery store. If you need more time, pack a cooler with ice packs in your car to keep your cold food cold.
- If purchased before the expiration date, an unopened package of fully cooked smoked sausage has a recommended storage time of 2 weeks in the refrigerator. After 2 weeks the fully cooked smoked sausage should be thrown in the garbage. An opened package only has a recommended storage time of 1 week in the refrigerator. Be sure you seal the package tightly after opening.
- Older adults, people with weakened immune systems, and people with chronic illnesses should not eat fully cooked smoked sausage cold. It should be reheated until steaming hot.
- When storing leftovers, divide into small portions and place into a clean, airtight storage container. Do not forget to label the container with the name and date.

### Recipe Source

<http://allrecipes.com/recipe/jambalaya-casserole/detail.aspx>



## *Chorizo And White Bean Soup*

2 cups dry white beans  
1 small onion  
1 large carrot  
1 large celery rib  
8 ounces chorizo sausage  
2 1/2 cups water  
4 14-ounce cans chicken broth, low sodium  
1 14.5 ounce can diced tomatoes  
6 stems fresh parsley  
1/2 teaspoon salt  
1/2 teaspoon black pepper  
1 package of pasteurized queso fresco cheese  
6 stems cilantro

1. Place the dry beans in a large pot and cover with water (3 inches above beans). Place in the refrigerator and soak overnight or up to 24 hours. Drain and rinse thoroughly in a colander before using.
2. Remove the outer skin from the onion. **Scrub the onion, carrot, and celery with a vegetable brush while holding under cold running water. Dice the onion, carrot, and celery on your produce cutting board. Place the parsley and cilantro into a colander. Run cold water over them while rubbing gently with your finger tips. Mince the parsley and cilantro on your produce cutting board.**
3. **On your meat cutting board, use a knife to remove the sausage casing (skin) from the chorizo sausage. Add the chorizo to a large pot. Be sure to wash your hands after handling the chorizo sausage.**
4. Heat the chorizo in the large pot over medium heat, breaking it up into little pieces.

5. Push the chorizo to one side of the pot and add the onion, carrot, and celery. Cook until the onion is translucent but not browned.
6. Add 1 cup of the water, chicken broth, diced tomatoes with their juice, parsley and the drained white beans. Bring to a boil, lower heat and simmer (barely boiling) for 1 hour, uncovered. Stir occasionally. Skim off any froth that accumulates on the surface.
7. Add 1½ cups water, bring back to a simmer and cook for 1 more hour, until the beans are soft. Continue to stir occasionally.
8. If the beans are not soft, add ½ cup more water and cook for an additional 15 minutes.
9. When the beans are done to your satisfaction, adjust the level of liquid and add up to ½ cup more water. Add the salt and pepper.
10. To serve, ladle soup into warm soup bowls and top with pasteurized queso fresco cheese and cilantro.

### *Additional Food Safety Notes Related To This Recipe*

- Read the label of all mold ripened, blue veined, or soft cheeses (such as Blue, feta, Camembert, Brie, or queso fresco cheeses) making sure they are made from pasteurized milk. If you cannot find pasteurized on the label, the cheese is not safe to eat.
- Older adults, people with weakened immune systems, and people with chronic illnesses should not eat chorizo sausage without thoroughly cooking it first.

### Recipe Source

<http://cookandbemerry.com/chorizo-white-bean-soup-with-queso-fresco/>



## *Italian Sausage Soup*

2 garlic cloves  
2 yellow onions  
3 medium carrots  
1 stalk celery  
2 tablespoons olive oil  
1 pound ground Italian sausage  
1 teaspoon dried basil  
1 teaspoon dried rosemary  
1/4 teaspoon dried crushed red pepper  
1/4 teaspoon dried sage  
1 (14.5 ounce) can canned diced tomatoes  
1 (16 ounce) can kidney beans  
5 cups chicken broth  
1 cup uncooked pasta shells

1. Remove the outer skin from the garlic and onion. **Scrub the garlic, onions, carrots, and celery with a vegetable brush while holding under cold running water. Chop the garlic, onions, and celery on your produce cutting board. Slice the carrots on your produce cutting board.**
2. In a large pot, heat the oil over medium high heat. Add the sausage and cook 8-10 minutes or until thoroughly cooked, stirring frequently. **Be sure to wash your hands after handling the raw pork sausage.**
3. Stir in the onions, carrots, celery, garlic, basil, rosemary, red pepper, and sage to the pot and continue cooking for 10 minutes, stirring occasionally.
4. Mix in tomatoes, and cook until heated through. Open and drain the can of kidney beans. Stir in the beans and broth and bring to a boil.

5. Reduce heat to low, and simmer 20 minutes. Stir pasta into soup, and continue cooking 10 minutes, or until pasta is al dente.

### *Additional Food Safety Notes Related To This Recipe*

- When storing in the refrigerator, place fresh produce on separate shelves or in produce bins away from raw meats, poultry, and seafood.
- You should clean your refrigerator thoroughly once a week. Take everything out and place it in coolers with ice packs. Clean refrigerator surfaces with warm soapy water. Rinse with clean water. Allow to air dry or dry with paper towels. Wipe off containers before putting them back into the refrigerator. This is also a good time to throw out old leftovers or outdated food items.
- Keep food out of the “Danger Zone”.
  - Crock pots and slow cookers can be used to keep your soup at a safe temperature.
  - You have 1 hour to put any leftovers into the refrigerator.
- When storing leftovers, divide into small portions and place into a clean, airtight, shallow storage container. Do not forget to label the container with the name and the date, and store in a refrigerator that is 40°F or below.
- When reheating leftover soup, use a cooking thermometer. Reheated soup needs to reach a temperature of 165°F.

### Recipe Source

[http://allrecipes.com/recipe/italian-sausage-soup-ii/detail.aspx?event8=1&prop24=SR\\_Title&e11=italian%20garlic%20chicken&e8=Quick%20Search&event10=1&e7=Recipe%20Search%20Results](http://allrecipes.com/recipe/italian-sausage-soup-ii/detail.aspx?event8=1&prop24=SR_Title&e11=italian%20garlic%20chicken&e8=Quick%20Search&event10=1&e7=Recipe%20Search%20Results)



## *Sweet Potato Soup*

- 2 sweet potatoes
- 1 tablespoon unsalted butter
- 1 tablespoon flour
- 1 1/2 cups chicken broth (or vegetable broth)
- 1 tablespoon light brown sugar
- 1/4 teaspoon ground ginger
- 1/8 teaspoon ground cinnamon
- 1/8 teaspoon ground nutmeg
- 1 cup milk
- 1/4 teaspoon salt
- 1/4 teaspoon pepper

1. **Scrub sweet potatoes with a vegetable brush while holding under cold running water.** Once clean, peel and cube the potatoes.
2. In a large pot, boil potatoes until they can be pierced with a fork. Remove from heat and drain the excess water.
3. Melt the butter over medium low heat in a large pot. Add flour and stir constantly until the roux achieves a light caramel color. Add the chicken broth and brown sugar to the pot. Bring to a boil, then lower to a simmer.
4. Stir in the cooked sweet potatoes, ginger, cinnamon, and nutmeg. Bring to a simmer again and cook for 5 minutes. Remove pot from the heat and using a blender, puree the soup in small batches. After all the soup has been pureed return to the pot.
5. Add milk, salt, and pepper. **Reheat the soup to steaming and enjoy!**



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- Clean and sanitize the cutting board before and after each use. It is a good idea to have two separate cutting boards in the kitchen. One should be used for raw meats, poultry, and seafood while the other should be used for fresh produce and breads.
- Be sure to clean and sanitize the sink before you wash your produce.
- Wash hands correctly
  - Moisten hands with warm water and apply soap.
  - Rub hands together for 20 seconds. Don't forget to use a soft brush to clean your nails and nail beds.
  - Rinse hands and dry with a clean towel.
- Keep food out of the "Danger Zone".
  - Crock pots and slow cookers can be used to keep your soup at a safe temperature.
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- When reheating leftover soup, use a cooking thermometer. Reheated soup needs to reach a temperature of 165°F.

#### Recipe Source

[http://www.recipe4living.com/recipes/easy\\_sweet\\_potato\\_soup\\_recipe.htm](http://www.recipe4living.com/recipes/easy_sweet_potato_soup_recipe.htm)