



Green for Go Local

.....
 Ingredients in **green** =
 locally grown or produced



Butter



Onion



Tomato Purée



Whole Wheat Bread



Cheese

Grilled Cheese & Tomato Soup

By Jenny & Rosie

Yield: 50 Elementary School servings

Serving Size: 4 oz (125 mL) dip-size servings. For 8 oz (250 mL) servings, double the soup recipe.

Ingredients

For Tomato Soup:

¼ cup (60 mL)	Butter
2 large	Onions , finely minced
4 cups (1 L)	Water
3 Tbsp (45 mL)	Sugar
1 Tbsp (15 mL)	Salt
½ tsp (2 mL)	Ground black pepper
1 × (2.84 L) can	Crushed tomatoes, or 4 × 796 mL cans, or 3 L fresh or frozen (defrosted) tomato purée
5 cups (1.25 L)	18% Coffee cream

For Grilled Cheese:

6-7 loaves (100 slices)	Whole wheat bread
1 ½ cups (750 mL)	Softened or spreadable butter (blend 1 lb softened butter with 2 cups oil and refrigerate until set)
8 cups (800 g)	Grated cheddar or 100 slices real cheddar

Directions

Note: Wash all produce well.

1. Heat butter in a large pot over medium heat. Add onion and cook, stirring, until softened, about 10 minutes.
2. Add sugar, salt, black pepper and tomatoes. Place the pot over low heat and simmer for about 15 minutes.
3. Whisk in the coffee cream. Taste and adjust seasoning if needed. If you like, puree soup with an immersion blender until smooth.
4. Heat grill to 350°F (175°C) or oven to 450°F (230°C).
5. Spread each slice of bread with butter. Place half of the slices buttered side down with a generous 2 Tbsp grated cheese or 2 slices of cheese. Top with other half of bread slices, buttered side up.
6. **For grill:** Add grilled cheese and flip when one side is golden brown and brown the second side. **For oven:** Bake in the oven on large sheet pans (12 per sheet) for about 6-8 minutes, flip and bake for 6-8 minutes further until golden brown. Cut in half.
7. Hold in a warming oven at 170°F (75°C) or in a steam table with the lid off so moisture can escape. Avoid overfilling the pan as this can cause them to get soggy.



Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ **Pea shoots**
- ★ **Carrots**
- ★ **Cucumbers**
- ★ **Sweet potatoes**
- ★ **Broccoli**
- ★ **Cauliflower**
- ★ **Additional soups**

Equipment

- Two 4" deep full hotel pans
- 2-4 sheet pans, depending on oven size

Note From the Authors

"Offering a grilled cheese sandwich to dip is a great way to encourage kids to try new soups! Try a soup bar with a choice of tomato soup and another favourite, like chicken vegetable noodle soup."

- Jenny & Rosie

Fruit Salad Bar

Choose from seasonal fruit or serve some frozen or imported fruit in winter. Apples are available all year long. If serving as a salad bar, supply small bowls or ramekins for fruit to control portion sizes and make it affordable.

- ★ **Apples** - chopped and coated with a squeeze of lemon to prevent browning
- ★ **Pears** - chopped
- ★ **Peaches**
- ★ **Blueberries**
- ★ **Raspberries**
- ★ **Blackberries**
- ★ **Strawberries**
- ★ **Yogurt**
- ★ **Seeds or granola**
- ★ **Dried cranberries, dried blueberries or other dried fruit**
- ★ Try imported fruit such as mango, kiwis, oranges, grapes or starfruit

Tips & Tricks

Conversion Measures

- 1 x 2.84 L can of tomatoes = about 10 lb (4.54 kg) fresh tomatoes (or 50-60 whole medium tomatoes)

Leftovers

Leftover soup can be frozen. Thaw in the refrigerator a few days in advance and bring to a simmer over low heat. Make sure internal temp reaches 165°F (74°C).

Make Ahead

Sandwiches can be prepared on a sheet pan well in advance (even overnight). Cover and refrigerate but do not bake or grill more than one hour before they are served.

Veg It Up!

Add minced or puréed vegetables such as sweet potato, carrot, apples or peaches in Step 2. With the addition of fruit and sweet veggies you will likely not need to add sugar. You can also add pureed cooked white beans for extra creaminess or in place of the cream altogether.

Serve It Up!

To serve quickly and efficiently, portion the soup into bowls in advance. This is important with younger children as it has time to cool somewhat. Reminding children to test food temperature with a sip before digging in is a great teaching opportunity.