



## Task Title: Doubling a Tomato Soup Recipe

### OALCF Cover Sheet – Learner Copy

**Learner Name:** \_\_\_\_\_

**Date Started:** \_\_\_\_\_

**Date Completed:** \_\_\_\_\_

**Successful Completion:** Yes ☐ No ☐

**Goal Path:** Employment ☐ Apprenticeship ☐

Secondary School ☐ Post Secondary ☐ Independence ☐

**Task Description:** Calculate amounts needed when doubling a recipe and convert between different units of measurement.

#### Main Competency/Task Group/Level Indicator:

- Understand and Use Numbers/Use measures/C3.3

#### Materials Required:

- Pen/pencil and paper and/or digital device
- Calculator or digital device with calculator function

## Learner Information

Cooks and home cooks sometimes need to double recipes and convert between metric and imperial measurements.

1 Imperial ounce = 28.4131 millilitres (ml)

1 Cup = 236.59 ml

Scan the Tomato Soup recipe.

**Tomato Soup** from *EatingWell*:

[http://www.eatingwell.com/recipes/tomato\\_soup.html](http://www.eatingwell.com/recipes/tomato_soup.html)

This simple tomato soup is perfect paired with your favorite grilled cheese sandwich. Make a double batch and freeze the extra for rainy-day emergencies.

8 servings, about 1 cup each

Active Time: 25 minutes | Total Time: 35 minutes

**Ingredients**

- 1 tablespoon butter
- 1 tablespoon extra-virgin olive oil
- 1 medium onion, chopped
- 1 stalk celery, chopped
- 2 cloves garlic, chopped
- 1 teaspoon chopped fresh thyme or parsley
- 1 28-ounce can whole peeled tomatoes, with juice
- 1 14-ounce can whole peeled tomatoes, with juice
- 4 cups reduced-sodium chicken broth, “no-chicken” broth (see Note) or vegetable broth
- 1/2 cup half-and-half (optional)
- 1/2 teaspoon salt
- Freshly ground pepper to taste

**Preparation**

1. Heat butter and oil in a Dutch oven over medium heat until the butter melts. Add onion and celery; cook, stirring occasionally, until softened, 4 to 6 minutes. Add garlic and thyme (or parsley); cook, stirring, until fragrant, about 10 seconds.
2. Stir in canned tomatoes (with juice). Add broth; bring to a lively simmer over high heat. Reduce heat to maintain a lively simmer and cook for 10 minutes.
3. Puree the soup in the pot using an immersion blender or in batches in a blender. (Use caution when pureeing hot liquids.) Stir in half-and-half (if using), salt and pepper.

## **Nutrition**

**Per serving:** 69 Calories; 3 g Fat; 1 g Sat; 2 g Mono; 4 mg Cholesterol; 8 g Carbohydrates; 3 g Protein; 2 g Fiber; 640 mg Sodium; 420 mg Potassium  
1/2 Carbohydrate Serving

**Exchanges:** 1 vegetable, 1 fat

**Tips & Notes:** Cover and refrigerate for up to 4 days or freeze for up to 3 months. Chicken-flavored broth is vegetarian, preferable to vegetable broth in some recipes for its hearty, rich flavor.

## Work Sheet

**Task 1: Calculate the amount of tomatoes in millilitres (ml) needed when doubling this recipe.**

Answer:

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**Task 2: Calculate the amount of chicken stock in millilitres required to make this recipe for 24 servings.**

Answer:

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**Task 3: Calculate for each the amount of tomatoes, chicken stock and half-and-half cream in millilitres required to cut this recipe in half.**

Answer:

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