School:

City, State:

Participant Names:

Team name:

Date:

**Soup or Stew Submissions**

1st Recipe Name :

Number of servings:

Ingredients:

Procedure:

Nutritional Breakdown

* + 1. ***Calories -150-350  
       Fat – 10 grams or less  
       Saturated Fat – 3 grams or less  
       Sodium -  250 mg or less  
       Dietary Fiber - 2 grams or more  
       Sugar  - 8 grams or less***
    2. **Your Recipe Nutritional Breakdown**
       1. **Calories:**
       2. **Fat:**
       3. **Saturated Fat:**
       4. **Sodium:**
       5. **Dietary Fiber:**
       6. **Sugar:**

2nd Recipe Name:

Number of Servings:

Ingredients:

Procedure:

Nutritional Breakdown

* + 1. ***Calories – 150-350   
       Fat - 10 grams or less  
       Saturated Fat - 3 grams or less  
       Sodium - 250 mg or less  
       Dietary Fiber – 2 grams or more  
       Sugar  - 8 grams or less***
    2. **Your Recipe Nutritional Breakdown**
       1. **Calories:**
       2. **Fat:**
       3. **Saturated Fat:**
       4. **Sodium:**
       5. **Dietary Fiber:**
       6. **Sugar:**