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:**