


Minestrone Soup

 Cooking time: 40 minutes
HACCP Process #2 Same Day Service



1 Serving Provides:

CACFP: 0.5 ounce Meat/Meat Alternate, $\frac{3}{4}$ cup Vegetables
NSLP: 0.5 ounce Meat/Meat Alternate, $\frac{3}{8}$ cup Other Vegetables,
 $\frac{1}{4}$ cup Red/Orange Vegetables, $\frac{1}{8}$ cup Starchy Vegetables
SFSP: 0.5 ounce Meat/Meat Alternate, $\frac{3}{4}$ cup Vegetables

Ingredients	40 Servings		80 Servings	
	Weight	Measure	Weight	Measure
Onion, chopped	2 pounds 4 ounces	2 quarts	4 pounds 8 ounces	1 gallon
Celery, diced	9.6 ounces	2 cups	1 pound 3.2 ounces	1 quart
Carrot, sliced	1 pound 2.4 ounces	1 quart	2 pounds 4.8 ounces	2 quarts
Oil		$\frac{1}{2}$ cup		1 cup
Potato, peeled and diced	3 pounds 5.6 ounces	2 quarts + 1 cup	6 pounds 11.2 ounces	1 gallon + 2 cups
Tomatoes, canned, diced	3 pounds 12 ounces	1 quart + 3 cups	7 pounds 8 ounces	3 quarts + 2 cups
Vegetable or beef broth, low-sodium		3 quarts + 2 cups		1 gallon + 3 quarts
Kidney beans, canned with liquid	3 pounds 12 ounces	1 quart + 3 cups	7 pounds 8 ounces	3 quarts + 2 cups
Dried basil		1 Tablespoon + 1 teaspoon		2 Tablespoons + 2 teaspoons
Whole grain macaroni, uncooked	6.8 ounces	2 cups	13.6 ounces	1 quart
Zucchini, diced	2 pounds 10.4 ounces	2 quarts + 1 pint	5 pounds 4.8 ounces	1 gallon + 1 quart
Salt		2 teaspoons		1 Tablespoon + 1 teaspoon
Pepper		1 teaspoon		2 teaspoons



Directions

1. In a large saucepan over medium heat, cook onion, celery and carrot in oil, stirring constantly until onion is soft, but not browned.
2. Add potato, tomatoes, broth, beans and basil. Bring to a boil then reduce heat. Cover and simmer for 15 minutes.
3. Add macaroni and zucchini. Cook for another 15 minutes.

CCP: Heat to 165°F or higher for at least 15 seconds.
CCP: Hold for hot service at 135°F or higher.
Serve 1 cup portions using an 8 ounce ladle or spoodle.

continues

Minestrone, continued

Serving	Yield	Volume	Nutrients Per Serving					
1 cup	40 servings, about 22 pounds 4 ounces	40 servings, about 2 gallons 2 quarts	Calories	152	Sodium	396 mg	Vitamin A	1382 IU
	80 servings, about 44 pounds 8 ounces	80 servings, about 5 gallons	Total Fat	3.1 g	Carbohydrate	25 g	Vitamin C	18 mg
			Saturated Fat	0.2 g	Dietary Fiber	5 g	Iron	1 mg
			Cholesterol	0 mg	Protein	6 g	Calcium	99 mg