1 Serving Provides:

Minestrone Soup

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



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

| | 40 Servings | | 80 Servings | | | |
|---|----------------------|------------------------------|----------------------|--------------------------------|--|--|
| Ingredients | 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 | | ½ 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.

Minestrone, continued

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

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