


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	10 Servings		20 Servings	
	Weight	Measure	Weight	Measure
Onion, chopped	9 ounces	2 cups	1 pound 2 ounces	1 quart
Celery, diced	2.4 ounces	$\frac{1}{2}$ cup	4.8 ounces	1 cup
Carrot, sliced	4.6 ounces	1 cup	9.2 ounces	2 cups
Oil		2 Tablespoons		$\frac{1}{4}$ cup
Potato, peeled and diced	13.4 ounces	$2\frac{1}{4}$ cups	1 pound 10.8 ounces	1 quart + $\frac{1}{2}$ cup
Tomatoes, canned, diced	15 ounces	$1\frac{3}{4}$ cups	1 pound 14 ounces	$3\frac{1}{2}$ cups
Vegetable or beef broth, low-sodium		$3\frac{1}{2}$ cups		1 quart + 3 cups
Kidney beans, canned with liquid	15 ounces	$1\frac{3}{4}$ cups	1 pound 14 ounces	$3\frac{1}{2}$ cups
Dried basil		1 teaspoon		2 teaspoons
Whole grain macaroni, uncooked	1.7 ounces	$\frac{1}{2}$ cup	3.4 ounces	1 cup
Zucchini, diced	10.6 ounces	$2\frac{1}{2}$ cups	1 pound 5.2 ounces	1 quart + 1 cup
Salt		$\frac{1}{2}$ teaspoon		1 teaspoon
Pepper		$\frac{1}{4}$ teaspoon		$\frac{1}{2}$ teaspoon



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 Soup, continued

Serving	Yield	Volume	Nutrients Per Serving					
1 cup	10 servings, about 5 pounds 9 ounces 20 servings, about 11 pounds 2 ounces	10 servings, about 2 quarts + 2 cups 20 servings, about 5 quarts	Calories	152	Sodium	396 mg	Vitamin A	1382 IU
			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