

Minestrone

Meat Alternate-Vegetable-Grains/Breads

Soups

H-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1/2 cup		1 cup	1. Pour water into large, heavy kettle. Add onions, carrots, cabbage, celery, and zucchini (optional). Simmer for 15 minutes until vegetables are tender.
*Onions, diced OR	4 1/2 oz	3/4 cup 2 Tbsp	9 oz	1 3/4 cups	
Dehydrated onions		2 Tbsp 1 1/2 tsp		1/4 cup 1 Tbsp	
*Fresh carrots, diced	11 oz	2 1/4 cups	1 lb 6 oz	1 qt 1/2 cup	
*Fresh cabbage, minced		3/4 cup 1 Tbsp	6 oz	1 2/3 cups	
*Fresh celery, chopped	4 oz	3/4 cup 2 Tbsp	8 oz	1 3/4 cups	
*Fresh zucchini, chopped (optional)	4 oz	3/4 cup 2 Tbsp	8 oz	1 3/4 cups	
Beef broth, non-MSG		1 gal 2 qt		3 gal	2. Add beef broth, tomato paste, chopped tomatoes, and seasonings. Simmer, uncovered, for 30 minutes.
Tomato paste	4 oz	1/2 cup	8 oz	1 cup	
Canned tomatoes, chopped	4 oz	1/2 cup	8 oz	1 cup	
Black pepper		1/2 tsp		1 tsp	
Dried oregano		1/8 tsp		1/4 tsp	
Dried parsley		1/4 tsp		1/2 tsp	
Granulated garlic		1 tsp		2 tsp	
Marjoram (optional)		1/16 tsp		1/8 tsp	
Canned white beans	2 lb	1 qt 1 1/4 cups	4 lb	2 qt 2 1/2 cups	3. Add beans and macaroni. Continue simmering for 20 minutes. CCP Heat to 165 degrees F or higher for at least 15 seconds.
Elbow macaroni	5 1/2 oz	1 cup	11 oz	2 cups	4. CCP Hold for hot service at 140 degrees F or higher. Pour into serving pans or bowls.
*See Marketing Guide					

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Marketing Guide		
Food as Purchased	For 25 Svgs	For 50 Svgs
Onions	5 1/2 oz	11 oz
Carrots	1 lb	2 lb
Cabbage	3 1/2 oz	7 oz
Celery	5 oz	10 oz

SERVING:	YIELD:	VOLUME:
1 cup (8-oz ladle) provides 1/8 cup of cooked beans, 1/4 cup of vegetable, and the equivalent of 1/4 slice of bread	25 Servings: 11 lb 13 oz 50 Servings: 23 lb 10 oz	25 Servings: 1 gal 3 qt 50 Servings: 3 gal 2 qt

Special Tip: Garnish with Parmesan cheese

Nutrients Per Serving			
Calories	118	Saturated Fat	.1 g
Protein	9 g	Cholesterol	0 mg
Carbohydrate	20 g	Vitamin A	331 RE/3309 IU
Total Fat	.5 g	Vitamin C	5 mg
		Iron	2.5 mg
		Calcium	64 mg
		Sodium	93 mg
		Dietary Fiber	3 g