

Minestrone Soup

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

MEETS USDA GUIDELINES FOR K12 AND CHILDCARE PROGRAMS

Process # 2 – Same Day Service

Yield 50 Servings (3 ¼ gallons) 100 Servings (6 ¼ gallons)

Skill Level: Advanced

Ingredients	Weight	Measure	Weight	Measure
Oil, olive or vegetable		⅓ cup + 1 Tbsp.		¾ cup
Onion, finely diced	2 lbs. 12 oz.		5 lbs. 8 oz.	
Garlic, minced		1 ¼ cups		2 ½ cups
Zucchini, diced, fresh	4 lbs. 4 oz.		8 lbs. 8 oz.	
Carrots, sliced, fresh OR Carrots, sliced, frozen	4 lbs. 10 oz. OR 5 lbs. 2 oz.		9 lbs. 4 oz. OR 10 lbs. 4 oz.	
Beans, cannellini, canned, drained, rinsed OR Beans, cannellini, cooked from dry	OR 4 lbs.	3 ¼-#10 cans (1 ½ gallons + 1 Tbsp.)	OR 8 lbs.	6 ½ -#10 cans (3 gallons + 2 Tbsp.)
Stewed tomatoes, canned		1 ½-#10 cans (1 ¼ gallons)		3-#10 cans (2 ½ gallons)
Spinach leaves, rinsed OR Spinach, frozen, chopped	2 lbs. OR 9 lbs.		4 lbs. OR 18 lbs.	
Celery, diced	2 lbs.		4 lbs.	
Basil, dried		1 ½ Tbsp.		3 Tbsp.
Salt		1 Tbsp.		2 Tbsp.
Black pepper		1 Tbsp.		2 Tbsp.
Water		1 ¾ gallons + 1 pint (30 cups total)		3 ¾ gallons (60 cups total)
Elbow pasta, dry, whole grain rich		3 lbs. 2 oz. (dry weight)		6 lbs. 4 oz. (dry weight)

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

HACCP – Standard Operating Procedure- Wash all produce before starting this recipe.



Minestrone Soup Continued

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Preparation

1. Sauté onions, garlic, basil, oregano, pepper and ½ of the salt in oil for 5 minutes on medium heat in a tilt skillet or steam.
2. Add carrots and celery. Continue to cook for 5 minutes.
3. Add water, canned tomatoes, spinach and beans to the above mixture and bring to a boil in a large pot. Continue to boil for 5 minutes.
4. Meanwhile, cook pasta until al dente, about 8-10 minutes.
5. Taste soup and add the remaining salt if needed.
6. Add pasta to the soup.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Serve one cup of soup over ½ cup pasta with a piece of fresh garlic toast. Each 8 ounce serving of soup provides 2 ounces meat/meat alternate and ½ cup red orange vegetable. Each ½ cup serving of pasta provides 1 ounce grain equivalent.

OR

Serve ½ cup of soup over ¼ cup pasta. Each 8 ounce serving of soup provides 1 ounce meat alternate and ¼ cup vegetable. Each ¼ cup serving of pasta provides ½ ounce grain equivalent.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 224 Total Fat: 3g (12% calories from total fat) Saturated Fat: 0g (0% calories from saturated fat)
Monounsaturated Fat: 1g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0g Carbohydrate: 16g Fiber: 9g
Total Sugar: 8g Protein: 11g Sodium: 349mg Vitamin A: 289µg Vitamin C: 18mg Calcium: 155mg

