

Minestrone

Vegetable

Soups

H-12

Ingredients	25 Servings		50 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		¼ cup		½ cup	1. Pour water into large, heavy kettle. Add onions, carrots, cabbage, celery, and zucchini (optional). Simmer for 15 minutes until tender.
*Fresh onions, chopped OR Dehydrated onions	2 ½ oz	¼ cup 3 Tbsp OR ¼ cup	5 oz OR 1 oz	¾ cup 2 Tbsp OR ½ cup	
*Fresh carrots, chopped	5 ½ oz	1 ¼ cups 1 Tbsp	11 oz	2 ½ cups 2 Tbsp	2. Add beef stock, tomato paste, pepper, oregano, parsley, granulated garlic, and marjoram (optional). Simmer, uncovered, for 30 minutes.
*Fresh cabbage, chopped		½ cup 2 Tbsp	3 oz	1 ¼ cups	
*Fresh celery, chopped	2 oz	½ cup	4 oz	1 cup	
*Fresh zucchini, cubed (optional)	2 oz	1 ½ cups 2 Tbsp	4 oz	3 ¼ cups	
Beef stock, non-MSG		2 qt		1 gal	
Canned tomato paste	6 oz	½ cup 2 Tbsp (½ 12 oz can)	12 oz	1 ¼ cups (1 12 oz can)	
Ground black or white pepper		¼ tsp		½ tsp	
Dried oregano		⅛ tsp		⅛ tsp	
Dried parsley		⅛ tsp		¼ tsp	
Granulated garlic		½ tsp		1 tsp	
Dried marjoram (optional)		⅛ tsp		¼ tsp	
Canned Great Northern beans, drained	1 lb 2 oz	2 cups (2 No. 300 cans)	2 lb 4 oz	1 qt (4 No. 300 cans)	3. Add beans and macaroni. Continue simmering for 20 minutes.
Enriched elbow macaroni	2 ¾ oz		5 ½ oz		CCP: Heat to 165° F or higher.
					4. CCP: Hold at 140° F or warmer.
					Portion with 4 oz ladle (½ cup).

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* See Marketing Guide

Marketing Guide for Selected Items

Food as Purchased for	25 Servings	50 Servings
Mature onions	3 oz	6 oz
Carrots	7 oz	14 oz
Cabbage	2 oz	4 oz
Celery	3 oz	6 oz

SERVING:	YIELD:	VOLUME:
½ cup (4 oz ladle) provides ¼ cup of vegetable.	25 Servings: 7 lb 4 oz	25 Servings: 3 quarts ½ cup
	50 Servings: 14 lb 8 oz	50 Servings: about 1 gallon 2 ¼ quarts
	Tested 2004	

Special Tip: Garnish with Parmesan cheese

Nutrients Per Serving					
Calories	52	Saturated Fat	0.13 g	Iron	1.08 mg
Protein	3.09 g	Cholesterol	0 mg	Calcium	29 mg
Carbohydrate	9.98 g	Vitamin A	1574 IU	Sodium	56 mg
Total Fat	0.43 g	Vitamin C	4.7 mg	Dietary Fiber	1.7 g