



Minestrone Soup (Meat Alternate)

Minestrone Soup provides a bowl full of warm flavors! Whole grain pasta, great northern beans, spinach, onions, celery, carrots, cabbage, and zucchini all come together in a savory broth that warms the soul.

CACFP Adult Portion Crediting Information

Legume as Meat Alternate:

11 oz soup (12 oz ladle, just short of full) and ½ cup (4 oz spoodle) macaroni provides ½ cup vegetable (⅛ cup additional vegetable, ¼ cup red/orange vegetable, ⅛ cup other vegetable), 2 oz equivalent meat alternate, 1 oz equivalent grain.

| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIRECTIONS Recommend to prepare and cook in batches of 25 servings |
|----------------------------|-------------|------------|-------------|-------------|--|
| | Weight | Measure | Weight | Measure | |
| Water | | 1 gal 2 qt | | 3 gal | <ol style="list-style-type: none"> To cook macaroni: Heat water to a rolling boil. Slowly add macaroni. Stir constantly until water boils again. Cook about 8-10 minutes or until al dente. Stir occasionally. DO NOT OVERCOOK. Drain well. Set aside for step 4. Critical Control Point: Heat to 140 °F or higher for at least 15 seconds. Pour about 1 gal (4 lb) cooked macaroni into a half steam table pan (12 ¾" x 10 ½" x 2"). Pour olive oil over macaroni and toss. Set aside for step 14. For 25 servings, use 1 pan. For 50 servings, use 2 pans. |
| Whole-grain elbow macaroni | 1 lb 9 oz | 1 qt 1 cup | 3 lb 2 oz | 2 qt 2 cups | |
| | | | | | |
| Canola Oil | | ¼ cup | | ½ cup | |

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|--------------------------------|-------------|------------------------------------|-------------|-------------------------------------|--|
| | Weight | Measure | Weight | Measure | |
| | | | | | 5 Critical Control Point: Hold for hot service at 140 °F or higher. |
| Water | | ½ cup | | 1 cup | 6 In a large stock pot, add water, onions, carrots, cabbage, celery, spinach and zucchini. Simmer uncovered over medium-high heat for 15 minutes or until tender. |
| *Fresh onions, diced | 6 oz | 1 cup | 12 oz | 2 cups | |
| *Fresh carrots, diced | 11 oz | 2 cups | 1 lb 6 oz | 1 qt | |
| *Fresh cabbage, minced | 7 oz | 3 cups | 14 oz | 1 qt 2 cups | |
| *Fresh celery, chopped | 7 oz | 1 cup | 14 oz | 2 cups | |
| *Fresh spinach, chopped | 7 oz | 1 qt | 14 oz | 2 qt | |
| *Fresh zucchini, chopped | 7 oz | 2 cups | 14 oz | 1 qt | |
| Low-sodium beef base | | 1 Tbsp 1 tsp | | 2 Tbsp 2 tsp | 7 Add beef base, water, tomato paste, pepper, oregano, garlic powder, salt, marjoram, onion powder, ancho chili powder, and parsley. Simmer uncovered over medium-high heat for 30 minutes. |
| Water | | 2 qt 3 cups | | 1 gal 1 qt 2 cups | |
| Canned low-sodium tomato paste | 11 oz | 1 ⅓ cup (approx. ½ No. 300 can) | 1 lb 6 oz | 2 ⅔ cups (approx. 1 No. 300 can) | |
| Ground black pepper | | ½ tsp | | 1 tsp | |



| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIRECTIONS |
|--|-------------|---|-------------|---|---|
| | Weight | Measure | Weight | Measure | |
| Garlic powder | | 2 Tbsp 1 tsp | 2 ½ oz | ¼ cup 2 tsp | |
| Salt | | 2 ½ tsp | | 5 tsp | |
| Dried marjoram | | ⅛ tsp | | ¼ tsp | |
| Onion powder | | 1 Tbsp | | 2 Tbsp | |
| Ancho chili powder OR Mexican Seasoning Mix (See Notes Section) | | 1 Tbsp OR 1 Tbsp | | 2 Tbsp OR 2 Tbsp | |
| Dried parsley | | ¼ tsp | | ½ tsp | |
| Canned great northern beans, drained | 6 lb 14 oz | 1 gal 1 cup (approx. 1½ No. 10 can) | 13 lb 12 oz | 2 gal 2 cups (approx. 3 No. 10 can) | |
| OR | OR | OR | OR | OR | |
| *Dry great northern beans, cooked | 6 lb 14 oz | 1 gal 1 cup | 13 lb 12 oz | 2 gal 2 cups | 8 Add beans. Simmer uncovered over medium-high heat for 20 minutes. |
| | | | | | 9 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. |
| | | | | | 10 Critical Control Point: Hold for hot service at 140 °F or higher |
| | | | | | 11 Line a bun sheet pan (18"x 26"x1") with parchment paper and place 25 large soup bowls on pan. For 25 servings, use 2 pans. For 50 servings, use 4 pans. |



| INGREDIENTS | 25 SERVINGS | | 50 SERVINGS | | DIRECTIONS |
|-------------|-------------|---------|-------------|---------|--|
| | Weight | Measure | Weight | Measure | |
| | | | | | <p>12 Pour about 1 gal 2 qt (16 ¼ lb) minestrone soup into a deep half steam table pan (12 ¾" x 10 ½" x 6"). Set aside for step #16. For 25 servings, use 1 pan. For 50 servings, use 2 pans.</p> |
| | | | | | <p>13 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.</p> |
| | | | | | <p>14 Critical Control Point: Hold for hot service at 140 °F or higher.</p> |
| | | | | | <p>15 Serve ½ cup (portion with a 4 oz spoodle) macaroni in each soup bowl.</p> |
| | | | | | <p>16 Serve 11 oz (portion with a 12 oz ladle) of minestrone soup over macaroni.</p> |
| | | | | | <p>17 Serve 1 bowl of soup immediately.</p> |



NUTRITION INFORMATION

For ½ cup pasta (4 oz spoodle)
 For 1 bowl soup (11 oz using 12 oz spoodle)

| NUTRIENTS | AMOUNT |
|---------------------------|---------------|
| Calories | 534 |
| Total Fat | 5 g |
| Saturated Fat | 0.6 g |
| Cholesterol | 0 mg |
| Sodium | 327 mg |
| Total Carbohydrate | 96 g |
| Dietary Fiber | 27 g |
| Total Sugars | 3 g |
| Added Sugars included | N/A |
| Protein | 31 g |
| Vitamin A | 165 mcg RAE |
| Vitamin C | 18 mg |
| Vitamin D | 0 IU |
| Calcium | 267 mg |
| Iron | 9 mg |
| Potassium | 1551 mg |
| N/A=no data available. | |

MARKETING GUIDE

| Food as Purchased for | 25 Servings | 50 Servings |
|-----------------------|-------------|-------------|
| Fresh Onion | 7 oz | 14 oz |
| Fresh Carrots | 15 oz | 1 lb 14 oz |
| Fresh Cabbage | 8 oz | 1 lb |
| Fresh Celery | 9 oz | 1 lb 2 oz |
| Fresh Spinach | 7 oz | 14 oz |
| Fresh Zucchini | 9 oz | 1 lb 2 oz |

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same Day Service.

Mexican Seasoning Mix: Makes ¾ cup (about 4 ½ oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.



How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking beans.

QUICK-SOAK METHOD: Boil 1 ¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with cooking beans.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately.

Critical Control Point: Hold for hot service at 140 °F or higher.

OR

Chill for later use.

Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry great northern beans = about 2 ½ cups dry or 5 ¼ cups cooked beans.

YIELD/VOLUME

25 Servings

50 Servings

About 13 lb soup
About 1 gal 2 qt soup/1 deep steam table pan (12 ¾" x 10 ½" x 6")

About 26 lb soup
About 3 gal/2 deep steam table pans (12 ¾" x 10 ½" x 6")

Macaroni- About 1 steam table pan.

Macaroni About 2 steam table pans.

SOURCE:

CACFP Adult Portion Recipe Project

