



Minestrone Soup (Vegetable)

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 a Vegetable: 8 ½ oz soup (10 oz ladle, just short of full) and ½ cup (4 oz spoodle) macaroni provides ½ cup vegetable (¼ cup additional vegetable, ⅛ cup legume vegetable, ⅛ cup red/orange vegetable), and 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"> 1 To cook macaroni: Heat water to a rolling boil. 2 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. 3 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds. 4 Pour about 1 gal (1 qt) 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. 5 Critical Control Point: Hold for hot service at 140 °F or higher.
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	

INGREDIENTS	25 SERVINGS		50 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		½ cup		1 cup	<p>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.</p>
*Fresh onions, diced	4 ½ oz	¾ cup	9 oz	1 ½ cups	
*Fresh carrots, diced	11 oz	2 ⅓ cups	1 lb 6 oz	1 qt ⅔ cup	
*Fresh cabbage, minced	3 oz	1 cup	6 oz	2 cups	
*Fresh celery, chopped	4 oz	¾ cup	8 oz	1 ½ cups	
*Fresh spinach, chopped	4 oz	2 cups	8 oz	1 qt	
*Fresh zucchini, chopped	4 oz	¾ cup	8 oz	1 ½ cups	
Low-sodium beef base		1 Tbsp 1 tsp		2 Tbsp 2 tsp	<p>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.</p>
Water		3 qt 1 cup		1 gal 2 qt 2 cups	
Canned low-sodium tomato paste	8 oz	1 cup (approx. ½ No. 300 can)	1 lb	2 cups (approx. 1 No. 300 can)	
Ground black pepper		½ tsp		1 tsp	
Dried oregano		⅛ tsp		¼ 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	2 lb 2 ¼ oz	1 qt 1 ½ cups (½ No. 10 can)	4 lb 4 ½ oz	2 qt 3 cups (1 No. 10 can)	
OR	OR	OR	OR	OR	
*Dry great northern beans, cooked	2 lb 2 ¼ oz	1 qt 1 Tbsp	4 lb 4 ½ oz	2 qt 2 Tbsp	8 Add beans. Simmer uncovered over medium-high heat for 20 minutes.
					9 Critical Control Point: Heat to 140 °F or higher for at least 15 seconds.
					10 Critical Control Point: Hold for hot service at 140 °F or higher
					11 Line a sheet pan (18"x 26"x 1") 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 (13 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 165 °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 only 8 ½ oz (portion with a 10 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 (8 ½ oz using 10 oz ladle)

NUTRIENTS	AMOUNT
Calories	276
Total Fat	4 g
Saturated Fat	0.3 g
Cholesterol	0 mg
Sodium	314 mg
Total Carbohydrate	49 g
Dietary Fiber	12 g
Total Sugars	3 g
Added Sugars included	N/A
Protein	13 g
Vitamin A	140 mcg RAE
Vitamin C	10 mg
Vitamin D	0 IU
Calcium	111 mg
Iron	4 mg
Potassium	642 mg
N/A=no data available.	

MARKETING GUIDE

Food as Purchased for	25 Servings	50 Servings
Fresh Onion	6 oz	12 oz
Fresh Carrots	15 oz	1 lb 14 oz
Fresh Cabbage	4 oz	8 oz
Fresh Celery	5 oz	10 oz
Fresh Spinach	4 oz	8 oz
Fresh Zucchini	5 oz	10 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.

SOURCE:

CACFP Adult Portion Recipe Project

YIELD/VOLUME	
25 Servings	50 Servings
About 13 lb soup	About 26 lb soup
About 1 gal 2 qt soup/1 half deep steam table pan (12 ¾" x 10 ½" x 6").	About 3 gal soup/2 half deep steam table pans (12 ¾" x 10 ½" x 6").
Macaroni- About 1 gal/4 lb	Macaroni – about 1 gal/4 lb

