## Minestrone

**Meat/Meat Alternate-Vegetable-Grains/Breads**

### Soups

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>50 Servings</th>
<th>100 Servings</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Weight</strong></td>
<td><strong>Measure</strong></td>
<td><strong>Weight</strong></td>
<td><strong>Measure</strong></td>
</tr>
<tr>
<td>Water</td>
<td>1 cup</td>
<td>2 cups</td>
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</tbody>
</table>

*Fresh onions, diced OR Dehydrated onions*  
- 9 oz OR 1 oz  
- 1 ½ cups OR ½ cup  
- 1 lb 2 oz OR 2 oz  
- 3 cups OR 1 cup

*Fresh carrots, diced*  
- 1 lb 6 oz OR 1 lb 12 oz  
- 1 qt 1 ¼ cups OR 2 qt 2 ½ cups

*Fresh cabbage, minced*  
- 6 oz OR 12 oz  
- 2 cups 2 Tbsp OR 1 qt ¼ cup

*Fresh celery, chopped (optional)*  
- 8 oz OR 1 lb  
- 2 cups OR 1 qt  
- ½ cups 2 Tbsp OR 3 ¾ cups

**Beef stock, non-MSG**  
- 2 gal 1 ½ qt OR 4 gal 3 qt  
- Add beef stock, tomato paste, pepper, oregano, parsley, garlic, salt, and marjoram (optional). Simmer, uncovered, for 30 minutes.

*Canned tomato paste*  
- 1 lb OR 2 lb  
- 1 ½ cups OR 3 ½ cups

Ground black or white pepper  
- 1 tsp OR 2 tsp

Dried oregano  
- ¼ tsp OR ½ tsp

Dried parsley  
- ½ tsp OR 1 tsp

Granulated garlic  
- 2 tsp OR 1 Tbsp 1 tsp

Salt  
- 1 tsp OR 2 tsp

Dried marjoram (optional)  
- ½ tsp OR ½ tsp

*Canned Great Northern beans, drained* OR *Cooked dry Navy or pea beans (see Special Tips)*  
- 4 lb 4 ½ oz OR 4 lb 4 ½ oz  
- 2 qt ½ cup (1 No. 10 can) OR 2 qt 2 Tbsp  
- 8 lb 9 oz OR 8 lb 9 oz  
- 1 gal ½ cup (2 No. 10 cans) OR 1 gal ¼ cup  
- Add beans and macaroni. Continue simmering for 20 minutes.  
- CCP: Heat to 165° F or higher for at least 15 seconds.

Enriched elbow macaroni  
- 11 oz OR 1 lb 6 oz  
- 2 ½ cups OR 1 qt 1 cup

4. Pour 10 lb 5 ½ oz (1 gal ¾ cup) into medium steamtable pan (12" x 20" x 4"). For 50 servings, use 3 pans. For 100 servings, use 6 pans.

5. CCP: Hold for hot service at 135° F or higher.  
- Portion with 8 oz ladle (1 cup).
Minestrone

Meat/Meat Alternate-Vegetable-Grains/Breads

Comments:
*See Marketing Guide.

**Special Tips:**
1) Garnish with Parmesan cheese

2) **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 recipe.

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 recipe.

**COOKING BEANS**

Once the beans have been soaked, add ½ tsp salt for every lb of dry beans. Boil gently with lid tilted until tender, about 2 hours.

Use hot beans immediately.

### Marketing Guide for Selected Items

<table>
<thead>
<tr>
<th>Food as Purchased for</th>
<th>50 Servings</th>
<th>100 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mature onions</td>
<td>11 oz</td>
<td>1 lb 6 oz</td>
</tr>
<tr>
<td>Carrots</td>
<td>1 lb 11 oz</td>
<td>3 lb 6 oz</td>
</tr>
<tr>
<td>Cabbage</td>
<td>7 oz</td>
<td>14 oz</td>
</tr>
<tr>
<td>Celery</td>
<td>10 oz</td>
<td>1 lb 4 oz</td>
</tr>
<tr>
<td>Zucchini</td>
<td>9 oz</td>
<td>1 lb 2 oz</td>
</tr>
<tr>
<td>Dry navy or pea beans</td>
<td>1 lb 6 oz</td>
<td>2 lb 12 oz</td>
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</tbody>
</table>

### SERVING:

1 cup (8 oz ladle) provides ½ oz equivalent meat/meat alternate, ¼ cup of vegetable, and ¼ serving of grains/breads.

### YIELD:

<table>
<thead>
<tr>
<th>SERVINGS</th>
<th>50 Servings</th>
<th>100 Servings</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>about 31 lb</td>
<td>about 62 lb</td>
</tr>
<tr>
<td></td>
<td>about 3 gallons 2 cups</td>
<td>about 6 gallons 1 quart</td>
</tr>
</tbody>
</table>

Tested 2004

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### VOLUME:

- 50 Servings: about 31 lb
- 100 Servings: about 62 lb
- 50 Servings: about 3 gallons 2 cups
- 100 Servings: about 6 gallons 1 quart

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Food as Purchased for Marketing Guide for Selected Items
**Minestrone**

Meat/Meat Alternate-Vegetable-Grains/Breads

Soups

H-07

CCP: Hold for hot service at 135° F.

OR

Chill for later use. If chilling:

CCP: Cool to 70° F within 2 hours and to 41° F or lower within an additional 4 hours.

1 lb dry Navy or pea beans = about 2 ¼ cups dry or 5 ¾ cups cooked Navy or pea beans.

<table>
<thead>
<tr>
<th><strong>Nutrients Per Serving</strong></th>
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</thead>
<tbody>
<tr>
<td>Calories</td>
<td>96</td>
<td>Saturated Fat</td>
<td>0.28 g</td>
</tr>
<tr>
<td>Protein</td>
<td>5.84 g</td>
<td>Cholesterol</td>
<td>1 mg</td>
</tr>
<tr>
<td>Carbohydrate</td>
<td>18.13 g</td>
<td>Vitamin A</td>
<td>3042 IU</td>
</tr>
<tr>
<td>Total Fat</td>
<td>0.89 g</td>
<td>Vitamin C</td>
<td>6.6 mg</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Iron</td>
<td>2.00 mg</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Calcium</td>
<td>55 mg</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Sodium</td>
<td>201 mg</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Dietary Fiber</td>
<td>3.0 g</td>
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