

Bean & Macaroni Soup – adapted from “Fruit and Veggies Quantity Cookbook – Revised Edition” (Oct 2011)

Ingredients	50 Servings		100 Servings		For 25 Servings	Directions
	Weight	Measure	Weight	Measure		
Olive oil		¼ cup		½ cup	2 Tb	<ol style="list-style-type: none"> 1. Heat oil in steam kettle or large stockpot. 2. Add onion, celery, and carrots and cook over medium heat for 10 min or until soft. Do NOT brown. 3. Add mushrooms, garlic, tomatoes and bay leaves and bring to simmer. 4. Add vegetable broth, and drained beans. Return to simmer. 5. Add macaroni/pasta and cook for 10-15 min, or just until macaroni/pasta is tender. 6. Add sage, thyme, oregano and black pepper and serve. <p>❖ Serve 1 cup (8 ounces).</p>
Onion, fresh[§] or frozen, small diced	2 lb		4 lb		1 lb	
Carrots, fresh[§] or frozen, diced	2 lb		4 lb		1 lb	
Celery[§] , small diced	2 lb		4 lb		1 lb	
Mushrooms, fresh[§] or canned, sliced	24 oz		48 oz		12 oz	
Garlic[§] , minced		3 Tb		½ cup	1 ½ Tb	
Tomatoes, canned, diced, reserve juice		1 #10 can		2 #10 cans	6 cups	
Vegetable broth, low sodium		1 gallon		2 gallons	2 quarts	
Bay leaves		3		6	2	
Beans[§] (white, red, or brown), canned, drained, and rinsed	6 ½ lb		13 lb		3 ¼ lb	
Whole-wheat macaroni/pasta or enriched macaroni/pasta	4 lb		8 lb		2 lb	
Sage, ground		2 tsp		4 tsp	1 tsp	
Thyme [†] , dry		2 tsp		4 tsp	1 tsp	
Oregano [†] , dry		1 tsp		2 tsp	½ tsp	
Black pepper, ground		1 tsp		2 tsp	½ tsp	

§WA product available

†WA product available as fresh

Approximate preparation time: 35 min.

>> See suggestions on the back for other great local veggies that could work in this dish <<



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Child Nutrition Program Food Components:

- ✓ ½ cup grain/bread
- ✓ ½ cup vegetable

Nutrients Per Serving:

Calories	220 kcal
% Calories from Fat	8 %
Total Fat	2.0 g
Saturated Fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	580 mg
Total Carbohydrates	43 g
Dietary Fiber	6 g
Sugars	6 g
Protein	9 g
Vitamin A (3,500 IU)	70 %
Vitamin C (12 mg)	20 %
Calcium	4 %
Iron	20 %

- 👉 You can add or substitute with diced **local squash** (both summer squash, like zucchini, and winter squash), **pumpkin** or **potatoes**.
- 👉 A variety of **local beans** are available in WA! – You can introduce to your students different kinds of dry beans (or fresh when in season) to show the difference in colors and shapes; then cook them and serve as lunch. [Click here to find more about beans.](#)
- 👉 **Herb Garden at your Child Care!** – Herbs such as thyme, oregano and rosemary etc. are perennial and grow well in the Northwest. Check out [Best Practices for Food Safety in the School Garden](#) for tips and resources 😊

notes

