

Minestrone

Meat/Meat Alternate-Vegetable-Grains/Breads

Soups

H-07

Ingredients	50 Servings		100 Servings		Directions	
	Weight	Measure	Weight	Measure		
Water		1 cup		2 cups	1. Pour water into steam-jacketed kettle. Add onions, carrots, cabbage, celery, and zucchini (optional). Simmer for 15 minutes until tender.	
*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	1 qt 1 ¼ cups	2 lb 12 oz	2 qt 2 ½ cups	2. Add beef stock, tomato paste, pepper, oregano, parsley, garlic, salt, and marjoram (optional). Simmer, uncovered, for 30 minutes.	
*Fresh cabbage, minced	6 oz	2 cups 2 Tbsp	12 oz	1 qt ¼ cup		
*Fresh celery, chopped	8 oz	2 cups	1 lb	1 qt		
*Fresh zucchini, chopped (optional)	8 oz	1 ¾ cups 2 Tbsp	1 lb	3 ¾ cups		
Beef stock, non-MSG		2 gal 1 ½ qt		4 gal 3 qt		
Canned tomato paste	1 lb	1 ¾ cups	2 lb	3 ½ cups		
Ground black or white pepper		1 tsp		2 tsp		
Dried oregano		¼ tsp		½ tsp		
Dried parsley		½ tsp		1 tsp		
Granulated garlic		2 tsp		1 Tbsp 1 tsp		
Salt		1 tsp		2 tsp		
Dried marjoram (optional)		⅛ tsp		¼ 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 ¼ 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		3. 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	2 ½ cups	1 lb 6 oz	1 qt 1 cup		4. Pour 10 lb 5 ¼ oz (1 gal ⅔ 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).

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Comments:
*See Marketing Guide.

Marketing Guide for Selected Items

Food as Purchased for	50 Servings	100 Servings
Mature onions	11 oz	1 lb 6 oz
Carrots	1 lb 11 oz	3 lb 6 oz
Cabbage	7 oz	14 oz
Celery	10 oz	1 lb 4 oz
Zucchini	9 oz	1 lb 2 oz
Dry navy or pea beans	1 lb 6 oz	2 lb 12 oz

SERVING:	YIELD:	VOLUME:
1 cup (8 oz ladle) provides ½ oz equivalent meat/meat alternate, ¼ cup of vegetable, and ¼ serving of grains/breads.	50 Servings: about 31 lb	50 Servings: about 3 gallons 2 cups
	100 Servings: about 62 lb	100 Servings: about 6 gallons 1 quart

Tested 2004

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.

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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 ⅞ cups cooked Navy or pea beans.

Nutrients Per Serving					
Calories	96	Saturated Fat	0.28 g	Iron	2.00 mg
Protein	5.84 g	Cholesterol	1 mg	Calcium	55 mg
Carbohydrate	18.13 g	Vitamin A	3042 IU	Sodium	201 mg
Total Fat	0.89 g	Vitamin C	6.6 mg	Dietary Fiber	3.0 g