

Minestrone

Meal Components: Vegetable - Red / Orange, Vegetable - Other, Meat / Meat Alternate

Soups & Stews, H-07

Ingredients	50 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Water		1 cup		2 cups	<ol style="list-style-type: none"> Pour water into steam-jacketed kettle. Add onions, carrots, cabbage, celery, and zucchini (optional). Simmer for 15 minutes until tender.
*Fresh onions, diced	9 oz	1 1/2 cups	1 lb 2 oz	3 cups	
OR	OR	OR	OR	OR	
Dehydrated onions	1 oz	1/2 cup	2 oz	1 cup	
*Fresh carrots, diced	1 lb 6 oz	1 qt 1 1/4 cups	2 lb 12 oz	2 qt 2 1/2 cups	
*Fresh cabbage, minced	6 oz	2 cups 2 Tbsp	12 oz	1 qt 1/4 cup	
*Fresh celery, chopped	8 oz	2 cups	1 lb	1 qt	
*Fresh zucchini, chopped	8 oz	1 3/4 cups 2 Tbsp	1 lb	3 3/4 cups	
Low-sodium beef stock, non-MSG		2 gal 1 1/2 qt		4 gal 3 qt	<ol style="list-style-type: none"> Add beef stock, tomato paste, pepper, oregano, parsley, garlic, salt, and marjoram (optional). Simmer, uncovered, for 30 minutes.

Ground black or white pepper		1 tsp		2 tsp	
Dried oregano		1/4 tsp		1/2 tsp	
Dried parsley		1/2 tsp		1 tsp	
Granulated garlic		2 tsp		1 Tbsp 1 tsp	
Salt		1 tsp		2 tsp	
Dried marjoram (optional)		1/8 tsp		1/4 tsp	
Canned low-sodium great northern beans, drained, rinsed	4 lb 4 1/2 oz	2 qt 1/4 cup (1 No. 10 can)	8 lb 9 oz	1 gal 1/2 cup (2 No. 10 cans)	3. Add beans and macaroni. Continue simmering for 20 minutes. CCP: Heat to 165° F or higher for at least 15 seconds.
OR	OR	OR	OR	OR	
*Cooked dry Navy or pea beans (see Special Tips)	4 lb 4 1/2 oz	2 qt 2 Tbsp	8 lb 9 oz	1 gal 1/4 cup	
Whole grain-rich elbow macaroni	11 oz	2 1/2 cups	1 lb 6 oz	1 qt 1 cup	

4. Pour 10 lb 5 1/4 oz (1 gal ? 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).

Notes

Comments:

*See Marketing Guide.

Serving Information:

1 cup (8 oz ladle) provides: Legume as a Meat Alternate: 1/2 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and 1/8 cup other vegetable.

OR

Legume as Vegetable: 3/8 cup legume vegetable, 1/8 cup red/orange vegetable, and 1/8 cup other vegetable.

Legume vegetable can be counted as either a meat alternate or as a legume vegetable but not both simultaneously.

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.

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 ? cups cooked Navy or pea beans.

Updated July 2014. Restandarization in progress. A new nutrient analysis will be coming.

Marketing Guide		
Food as Purchased for	50 Servings	50 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: Legume as a Meat Alternate: 1/2 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and 1/8 cup other vegetable.	<p>50 Servings: about 31 lb</p> <p>100 Servings: about 62 lb</p>	<p>50 Servings: about 3 gallons 2 cups</p> <p>100 Servings: about 6 gallons 1 quart</p>