

Minestrone soup

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

YIELD: 40 ounces; 10 (4 oz) servings

Ingredients	Qty	Measure
Olive oil	2	tsp.
Onion, finely diced	¾	cup
Garlic	2	Tbsp
Water	3	cups
Zucchini, diced	2	cups
Carrots, diced	1	cup
Cannellini beans, canned and drained	1	cup
Stewed tomatoes, canned	15	oz
Celery, diced	¾	cup
Basil, dried	½	tsp.
Elbow pasta (small)	2	oz
Salt	¼	tsp.

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Sauté onions, garlic, basil, oregano, pepper and ½ of the salt in oil for 5 minutes on medium heat.
2. Add carrots and celery. Continue to cook for 5 minutes.
3. Add water to the above mixture and bring to a boil. Continue to boil for 5 minutes.
4. Add canned tomatoes, beans and pasta. Cook until pasta is al dente, about 8-10 minutes.
5. Taste and add the remaining salt if needed.

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

Serve with a piece of fresh garlic toast.

Nutrition Information

 *From USDA Nutrient Database

Calories: 86 Total Fat: 1g Saturated Fat: 0g Carbohydrate: 16g Protein: 4g Sodium: 169mg
Vitamin A: 116µg Vitamin C: 7mg Calcium: 56mg Iron: 2mg Folic Acid: 50µg