



Minestrone Soup

Go for Green® Color and Sodium Codes

Green (Eat Often) High Sodium

Ingredients

Ingredient	Measure	Weight	
WATER	1-½ qt	3 lb 2 oz	
BASE, VEGETABLE, LOW-SODIUM	1 tbsp + 2 tsp	1 oz	
OIL, CANOLA	1-½ cup	11-½ oz	
ONIONS, YELLOW, DICED, ½-INCH	2 qt	2 lb 7 oz	2 lb 11 oz
SALT	½ cup	5-½ oz	
GARLIC, PREMINCED IN WATER	½ cup	3 oz	
BAY LEAVES	25 each	0.88 oz	
THYME, CRUSHED, DRIED	2 tbsp + 1 tsp	0.32 oz	
PEPPER, BLACK, GROUND	1 tbsp	0.24 oz	
BASIL, CRUSHED, DRIED	2 tbsp	0.20 oz	
POTATOES, WHITE, PEELED, DICED ½-INCH	3 qt	3 lb 12 oz	4 lb 10 oz
ZUCCHINI, DICED, ½-INCH	2-½ qt	2 lb 11 oz	2 lb 11 oz
CARROTS, DICED, ¼-INCH	2 qt	2 lb 8 oz	3 lb 2 oz
CABBAGE, GREEN, TRIMMED, CORED, CHOPPED	1 gal + ½ qt	2 lb 8 oz	3 lb 2 oz
CELERY, TRIMMED, DICED, ¼-INCH	2 qt	2 lb 3 oz	2 lb 10 oz
PEPPERS, BELL, RED, DICED, ½-INCH	2-½ cup	11 oz	1 lb 6 oz
TOMATOES, CANNED, DICED	3-½ qt	7 lb 6 oz	1-¾ No. 10 can
TOMATO PASTE	¾ cup	7 oz	
WATER	4 gal + 2-½ qt	38 lb 10 oz	
BEANS, KIDNEY, CANNED, DRAINED	2 qt	2 lb 14 oz	¾-No. 10 can
MACARONI, ELBOW	1 qt	1 lb	
PARSLEY, ROUGHLY CHOPPED	2 cup	4-¾ oz	5 oz

Nutrition Facts

Calories 97

Carbohydrates

Approx. Issue
14 g

Sugars* 4 g

Protein 3 g

Fat 4 g

Saturated Fat
0.3 g

Sodium 734 mg

Calcium 48 mg

Fiber 2.4 g

Directions

- In a mixing bowl combine 1-½ qt (3 lb 2 oz) water and vegetable base. Whisk well until base is completely dissolved. Reserve for use in Step 5.
- Heat canola oil in steam-jacketed kettle or stock pot; add onions and cook for 5 minutes or until golden and tender; stir occasionally.
- Add salt, garlic, bay leaves, thyme, pepper and basil; cook for 1 to 2 minutes while stirring to prevent spices from sticking to the bottom of the cooking vessel.
- Add potatoes, zucchini, carrots, cabbage, celery and peppers to the onion-spice mixture and sauté for an additional 5 minutes.
- Add tomatoes and tomato paste; stir well. Add 4 gal + 2-½ qt (38 lb 10 oz) water and reconstituted vegetable base. Bring to a boil; reduce heat; simmer covered for 15 to 20 minutes.
- Add beans and macaroni. Bring back to a boil and cook for 5 minutes. CCP: Internal temperature must reach 135°F (57°C) for 15 seconds.
- Mix parsley into soup. CP: Hold hot at 135°F (57°C) for service.

Recipe Notes

- In Step 7, in lieu of dry macaroni, 2 qt (2 lb) cooked macaroni can be added upon serving to better preserve the integrity of the pasta.

2. * Sugars represent the total grams of sugar in the recipe, naturally occurring and added sugar combined.