



BEAN, VEGETABLE AND MACARONI SOUP

SERVINGS: 100 SERVINGS CALORIES: 220 KCAL

Elbow macaroni and beans are added to vegetable stock to create a base for this soup. Ingredients such as onions, carrots, celery, tomatoes, and mushrooms add color and flavor and with the right amount of spices this soup is delicious!

INGREDIENTS

- 1/2 cup Olive oil
- 4 pounds Onion, fresh or frozen, small diced
- 4 pounds Carrots, diced, fresh or frozen
- 4 pounds Celery, small diced
- 48 ounces Mushrooms, sliced, canned
- 1/3 cup Garlic, minced
- 2 #10 cans Tomatoes, diced, canned, reserve juice
- 2 gallons Vegetable stock, low sodium
- 6 Bay leaves
- 13 pounds Beans (white, red, or brown), canned, drained, and rinsed
- 8 pounds Enriched macaroni/pasta or whole-wheat macaroni/pasta
- 1 tablespoon 1 teaspoon Sage, ground
- 1 tablespoon 1 teaspoon Thyme, dry
- 2 teaspoons Oregano, dry
- 2 teaspoons Black pepper, ground

INSTRUCTIONS

1. Heat oil in steam kettle or large stockpot.
2. Add onion, celery, and carrots and cook over medium heat for 10 minutes or until soft. Do not brown.
3. Add mushroom, garlic, tomatoes and bay leaves and bring to simmer.
4. Add vegetable broth, and drained beans. Return to simmer.
5. Add macaroni and cook for 10-15 minutes, or just until macaroni is tender.
6. Add sage, thyme, oregano and black pepper and serve. Serve 1 cup (8 ounces).

RECIPE NOTES

Crediting: 1 oz grain equivalent and ½ cup vegetable

NUTRITION FACTS PER SERVING (1CUP)

Calories: 220 kcal | Fat: 2 g | Sodium: 580 mg | Carbohydrates: 43 g | Fiber: 6 g | Sugar: 6 g | Protein: 9 g

This recipe has not been tested or standardized by Healthy School Recipes. The outcome, allergen information, and nutrient data may vary depending on the specific ingredients and equipment used in your location.