## Bean and Macaroni Soup

Recipe H-9

| Ingredients | 50 Servings |  | 100 Servings |  | For 25 Servings | Directions |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Weight | Measure | Weight | Measure |  |  |
| Olive oil |  | $1 / 4$ cup |  | $1 / 2$ cup | 2 Tb | 1. Heat oil in steam kettle or large stockpot. <br> 2. Add onion, celery, and carrots and cook over medium heat for 10 minutes or until soft. Do not brown. |
| Onion, fresh or frozen, small diced $\quad$ - | 2 lb |  | 4 lb |  | 1 lb |  |
| Carrots, diced, fresh or frozen - | 2 lb |  | 4 lb |  | 1 lb |  |
| Celery, small diced $\quad$ - | 2 lb |  | 4 lb |  | 1 lb | 3. Add mushroom, garlic, tomatoes and bay leaves and bring to simmer. |
| Mushrooms, sliced, canned - | 24 Oz |  | 48 Oz |  | 12 oz |  |
| Garlic, minced |  | 3 Tb |  | 1/3 cup | $11 / 2 \mathrm{~Tb}$ | 4. Add vegetable broth, and drained beans. Return to simmer. |
| Tomatoes, diced, canned, reserve juice |  | $\stackrel{1}{\# 10^{c} \text { can }}$ |  | $\stackrel{2}{\#} \text { +10 cans }$ | 6 cups | beans. Return to simmer. <br> 5. Add macaroni and cook for $10-15$ minutes, or just until macaroni is tender. |
| Vegetable stock, low sodium |  | 1 gallon |  | 2 gallons | 2 quarts |  |
| Bay leaves |  | 3 |  | 6 | 2 | 6. Add sage, thyme, oregano and black pepper and serve. <br> - Senve 1 cup ( 8 ounces). |
| Beans (white, red, or brown), canned, drained, and rinsed | $61 / 2 \mathrm{lb}$ |  | 13 lb |  | $31 / 4 \mathrm{lb}$ |  |
| Enriched macaroni/pasta or whole-wheat macaroni/pasta | 4 lb |  | 8 lb |  | 2 lb |  |
| Sage, ground |  | 2 tsp |  | $1 \mathrm{~Tb}+1 \mathrm{tsp}$ | 1 tsp |  |
| Thyme, dry |  | 2 tsp |  | $1 \mathrm{~Tb}+1 \mathrm{tsp}$ | 1 tsp |  |
| Oregano, dry |  | 1 tsp |  | 2 tsp | 1/2 tsp |  |
| Black pepper, ground |  | 1 tsp |  | 2 tsp | $1 / 2 \mathrm{tsp}$ |  |

- USDA commodity fruits, vegetables, or beans listed in the Food Buying Guide for Child Nutrition Programs, 2008 edition

| Bean and Macaroni Soup Nutrients Per Serving |  |
| :---: | :---: |
| Calories | 220 |
| Percent Calories from Fat | m Fat 8\% |
| Total Fat | 2.0 g |
| Saturated Fat | 0 g |
| Trans Fat | 0 g |
| Cholesterol | 0 mg |
| Sodium | 580 mg |
| Total Carbohydrates | S $\quad 43 \mathrm{~g}$ |
| Dietary Fiber | 6 g |
| Sugars | 6 g |
| Protein | 9 g |
| Vitamin A (3,500 | (3,500 IU) 70\% |
| Vitamin C (12 m | (12 mg) 20\% |
| Calcium | 4\% |
| Iron | 20\% |

## Approximate preparation time

35 minutes

| nOTES |
| :--- |
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| $\square$ |

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