

ITALIAN BEAN SOUP WITH CORN

Serving: 6 ounces

Main and Vegetable

Use the last of the corn harvest in this healthy vegetarian soup. Don't be put off by the quantity of garlic; it mellows when it cooks, creating a heavenly Italian-flavored broth.

INGREDIENTS	50 SERVINGS	100 SERVINGS	DIRECTIONS
Water	2 gallons 3 qts	5 gallons 2 qts	<ol style="list-style-type: none"> 1. Combine water, beans, garlic and rosemary in a steam kettle or large pot. Bring to a light boil and cook, partly covered, until beans are tender, 1 to 1-1/2 hours. 2. Remove roughly 3 cups of beans with a strainer and blend until smooth in the food processor and return to the pot. (OR, use an immersion blender or potato masher to mash some of the beans right in the pot to thicken the soup.) 3. Remove the tomato core (top) and cut into a medium chop in buffalo chopper, food processor or by hand. 4. When beans are done, add the tomatoes and carrots to the soup and continue cooking until the carrots are tender, but not mushy, about 5 minutes. 5. Shuck corn if not already shucked. Add corn, shaving it off right into the pot if you wish. Stir in Parmesan cheese, olive oil, vinegar, salt and pepper. CCP: Heat to 165°F or higher. 6. Stir in parsley right before service to keep it bright green. 7. CCP: Hold for hot service at 140°F or higher.
White navy beans	3 lbs 4 oz	6 lbs 8 oz	
*Rosemary leaves, dried	1-1/2 Tbsp dried	3 Tbsp dried	
or fresh	3 Tbsp fresh	1/4 cup 2 Tbsp fresh	
Garlic, pre-peeled, coarsely chopped	1 cup	2 cups	
Tomatoes	2 lbs 8 ounces	5 lbs	
*Carrots, sliced	2 lbs	4 lbs	
*Corn	1-1/2 doz ear	3 doz ear	
	About 2-1/2 lbs kernels or 2 qts 3/4 cup kernels	About 5 lbs kernels or 1 gallon 1-1/2 cups kernels	
Parmesan cheese, grated	1 cup	2 cups	
Olive oil	1/2 cup	1 cup	
Vinegar, white	3 Tbsp	1/4 cup 2 Tbsp	
Salt	3 Tbsp (or to taste)	1/4 cup + 2 Tbsp (or to taste)	
Pepper, black	2-1/4 tsp	1-1/2 Tbsp	
Parsley, chopped	1 small bunch	1 large bunch or 2 small bunches	
Variation: Eliminate corn: Add the same poundage, diced, of other seasonal vegetables.			

* MA farm products needed for recipe. For ordering, see page 19.

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Preparation Tips:

- **Rosemary:** To use fresh, remove leaves and discard stems.
- **Garlic:** Use whole peeled cloves for this recipe.
- **Corn** can sometimes be bought shucked. After it is shucked, if needed, run your hand down each ear to remove extra silk. To remove kernels, point the end of the ear away from you. With a sharp knife, shave off the kernels, away from you—right into a steam kettle or pot.
- **Carrots:** To purchase, sliced carrots are sometimes available from a farm vendor. If cutting yourself, they also look attractive sliced across on the diagonal.
- **Parsley:** For chopped parsley, wash and dry before chopping. Using a large knife, and holding the bunch as closely together as possible, slice across from leaves to stem, using both. To chop finely, either chop by keeping the point end down and rotating the knife, or chop by quickly raising and lowering the knife onto the parsley. If using a food processor instead, DO NOT over chop and wrap in towel to keep dry.

NUTRITIONAL ANALYSIS PER SERVING			
Calories	97	Vitamin A (IU)	3138
Cholesterol (Mg)	2	Vitamin C (Mg)	5.62
Sodium (Mg)	508	Protein (G)	4.9
Fiber (G)	2.87	Carbohydrate (G)	14.38
Iron (Mg)	1.58	Total Fat (G)	3.24
Calcium (Mg)	76.1	Saturated Fat (G)	0.74