



Minestrone Soup

USDA Recipe for Schools

Fresh vegetables including spinach, zucchini, carrots, and cabbage come together with Mexican spices and whole-grain macaroni to make our hearty and delicious Minestrone Soup.

NSLP/SBP CREDITING INFORMATION

1 cup (8 fl oz ladle) provides

Legume as Meat Alternate: 0.5 oz equivalent meat alternate, 1/8 cup red/orange vegetable, and 1/8 cup additional vegetable.

OR

Legume as Vegetable: 1/8 cup legume vegetable, 1/8 cup red/orange vegetable, and 1/4 cup additional vegetable.

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Water		1 cup		2 cups	1 In a large stock pot, add water, onions, carrots, cabbage, celery, spinach, and zucchini. Simmer uncovered over medium–high heat for 15 minutes or until tender.
*Onions, fresh, diced	9 oz	1/2 cup 1 Tbsp	1 lb 2 oz	1 cup 2 Tbsp	
*Carrots, fresh, diced	1 lb 6 oz	1 qt 2/3 cup 2 Tbsp	2 lb 12 oz	2 qt 1 2/3 cups	
*Cabbage, fresh, minced	6 oz	2 1/2 cups	12 oz	1 qt 1 cup	
*Celery, fresh, chopped	8 oz	1 1/2 cups 2 tsp	1 lb	3 cups 1 Tbsp 1 tsp	
*Spinach, fresh, chopped	8 oz	3 1/4 cups	1 lb	1 qt 2 1/2 cups	

INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
*Zucchini, fresh, chopped	8 oz	1 1/3 cups 1 Tbsp 1 tsp	1 lb	2 2/3 cups 2 Tbsp 2 tsp	2 Add beef base, water, tomato paste, pepper, oregano, garlic powder, salt, marjoram, onion powder, ancho chili powder, Mexican seasoning mix, and parsley. Simmer uncovered over medium-high heat for 30 minutes.
Beef base, low-sodium		2 Tbsp 2 tsp		1/4 cup 1 Tbsp 1 tsp	
Water		1 gal 2 cups		2 gal 1 qt	
Tomato paste, canned, low-sodium	1 lb	1 3/4 cups (about 1/8 No. 10 can)	2 lb	3 1/2 cups (about 1/4 No. 10 can)	
Pepper, black, ground		1 tsp		2 tsp	
Oregano, dried		1/4 tsp		1/2 tsp	
Garlic powder	2 1/2 oz	1/4 cup 2 tsp	5 oz	1/2 cup 1 Tbsp 1 tsp	
Salt		1 tsp		2 tsp	
Marjoram, dried		1/4 tsp		1/2 tsp	
Onion powder		2 Tbsp		1/4 cup	
Ancho chili powder		2 Tbsp		1/4 cup	
Mexican seasoning mix (see Notes)		2 Tbsp		1/4 cup	
Parsley, dried		1/2 tsp		1 tsp	



INGREDIENTS	50 SERVINGS		100 SERVINGS		DIRECTIONS
	Weight	Measure	Weight	Measure	
Great northern beans, canned, drained OR Great northern beans, dry, cooked (see Notes)	4 lb 4½ oz	2 qt 2 Tbsp (1 No. 10 can)	8 lb 9 oz	1 gal ¼ cup (2 No. 10 cans)	3 Add beans and macaroni. Simmer uncovered over medium–high heat for 20 minutes.
	4 lb 4½ oz	2 qt 2 Tbsp	8 lb 9 oz	1 gal ¼ cup	
Macaroni, elbow, whole-grain	12 oz	2⅔ cups 2 Tbsp	1 lb 8 oz	1 qt 1⅔ cups	
					4 Critical Control Point: Heat to 165 °F or higher for at least 15 seconds.
					5 Pour 1 gal (about 8 lb 11 oz) Minestrone Soup into a half steam table pan (12¾" x 10½" x 6"). For 50 servings, use 2 pans. For 100 servings, use 4 pans.
					6 Critical Control Point: Hold for hot service at 135 °F or higher.
					7 Portion with 8 fl oz ladle (1 cup).



NUTRITION INFORMATION

For 1 cup (8 fl oz ladle).

NUTRIENTS	AMOUNT
Calories	78
Total Fat	0 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	170 mg
Total Carbohydrate	15 g
Dietary Fiber	3 g
Total Sugars	2 g
Added Sugars included	N/A
Protein	5 g
Vitamin D	0 IU
Calcium	42 mg
Iron	1 mg
Potassium	245 mg

N/A=data not available.

SOURCE

USDA Standardized Recipes Project.

MARKETING GUIDE

Food as Purchased for	50 Servings	100 Servings
Mature onions	12 oz	1 lb 8 oz
Celery	10 oz	1 lb 4 oz
Zucchini	10 oz	1 lb 4 oz
Cabbage	6 oz	12 oz
Spinach	8 oz	1 lb
Carrots	2 lb	4 lb

NOTES

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredients is available.

Cooking Process #2: Same-Day Service.

Mexican Seasoning Mix ¾ Cup (About 4.5 oz)

Combine 1 Tbsp dried oregano, 1 Tbsp garlic powder, ¼ tsp ground cinnamon, 2 tsp sugar, 2 Tbsp chili powder, 1 Tbsp ground cumin, 1 Tbsp 2 tsp paprika, 1 Tbsp 2 tsp onion powder, 2 Tbsp dried minced onion, and 2 tsp salt.

Special Tip for Preparing Dry Beans

SOAKING BEANS: OVERNIGHT METHOD: Add 1¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with recipe.

QUICK-SOAK METHOD: Boil 1¾ qt of water for each 1 lb of dry beans. Add beans and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Discard the water. Proceed with recipe.

COOKING BEANS: Once the beans have been soaked, add 1¾ qt water for every 1 lb of dry beans. Boil gently with lid tilted until tender, about 2 hours. Use hot beans immediately. Critical Control Point: Hold for hot service at 135 °F or higher. OR Chill for later use. Critical Control Point: Cool to 70 °F within 2 hours and to 40 °F or lower within 4 hours.

1 lb dry great northern beans = about 2½ cups dry or 6¼ cups cooked beans.

YIELD/VOLUME

50 Servings	100 Servings
About 17 lb 6 oz	About 34 lb 12 oz
About 2 gal 2⅔ cups/2 steam table pans (12¾" x 10½" x 6")	About 4 gal 1 qt 1⅓ cups/4 steam table pans (12¾" x 10½" x 6")

