

Ten-Vegetable Minestrone

Ingredients	25 Servings		100 Servings		Directions
	Weight	Measure	Weight	Measure	
Oil, olive or canola	1 1/2 oz	3 tbsp	6 oz	3/4 cup	1. Heat the oil in a large soup pot over medium heat. 2. Add the garlic and onions to the oil and stir to coat. Cover the pot and cook, stirring occasionally, until very tender with a sweet aroma, about 12 minutes.
Garlic, minced	1 oz	3 tbsp	4 oz	3/4 cup	
Onions, yellow, chopped	12 oz	2 1/4 cups	3 lb	2 qt 1/2 cup	3. Add the carrots and celery and continue to cook, covered, until tender, about 10 minutes. Stir occasionally and reduce the heat if necessary to avoid scorching the vegetables.
Carrots, cut into small dice	6 oz	1 1/3 cups	1 lb 8 oz	1 qt 1 1/4 cups	
Celery, cut into small dice	6 oz	1 3/4 cups	1 lb 8 oz	1 qt 2 2/3 cups	
Tomato paste	3 oz	6 tbsp	12 oz	1 1/2 cups	4. Add the tomato paste, oregano, basil, salt, and pepper and stir to combine. Cook for 2 to 3 minutes.
Oregano, dried		1 tsp		1 tbsp 1 tsp	
Basil, dried		1 tsp		1 tbsp 1 tsp	
Table salt		2 tsp		2 tbsp	
Black pepper, ground		1/2 tsp		2 tsp	
					<i>(recipe continues on next page)</i>



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(continued)

Zucchini, chopped	6 oz	1 1/2 cups	1 lb 8 oz	1 qt 1 1/2 cups	5. Add the zucchini, cabbage, tomatoes (along with their juices), cannellini and kidney beans, bay leaf, water and the pasta. Stir to combine, bring to a simmer and cook, partially covered, until the pasta is tender and the soup is flavorful and lightly thickened, about 18 to 20 minutes. Remove and discard the bay leaf.
Savoy cabbage, coarsley chopped	6 oz	2 1/2 cups	1 lb 8 oz	2 qt 1 3/4 cups	
Tomatoes, canned, diced	1 lb 12 oz	3 1/4 cups	7 lb	3 qt 1 1/4 cups	
Cannellini beans , canned, rinsed and drained before measuring	6 oz	1 cup	1 lb 8 oz	1 qt	
Kidney beans, canned, rinsed and drained before measuring	6 oz	1 cup	1 lb 8 oz	1 qt	
Bay leaves	1 each	1 each	3 each	3 each	
Water	4 lb	2 qt	16 lb	2 gal	
Whole wheat pasta (elbows, orzo, ditalini, or similar small shapes)	6 oz	1 2/3 cups	1 lb 8 oz	1 qt 2 1/2 cups	
Green beans , frozen or canned, drained, rinsed, cut into small pieces	4 oz	1 cup	1 lb	1 qt	6. Add the green beans and parsley and continue to simmer just until they are very hot, another 3 to 4 minutes.
Parsley, fresh, flat-leaf, chopped	1/2 oz	1/4 cup	2 oz	1 cup	
Parmesan cheese, grated		1/4 cup		1 cup	7. Stir the parmesan into the soup just before serving it, if using.

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Recipe Notes:

Serving Notes:

One 3/4-cup serving provides 1/2 cup of vegetable and 1/4 serving of whole grain

	25 Servings	100 servings
Total Weight:	9 lb 8 oz	38 lb
Total Volume	5 quarts	5 gallons
Serving Size:	3/4 cup	3/4 cup

Nutrients Per Serving					
Calories	80	Saturated Fat	0 g	Iron	>1 mg
Protein	3 g	Cholesterol	0 mg	Calcium	48 mg
Carbohydrate¹³	g	Vitamin A-RE	132 mcg	Sodium	256
Total Fat	g	Vitamin C	11 mg	Dietary Fiber	3 g

