RECIPE NAME: Minestrone Soup

File No:

Grade Group: K-8, 9-12	HACCP Process:
Number of Portions: 50	☐ #1 No Cook
Portion Size: 1 cup	☐ #2 Cook & Serve Same Day
Serving Utensil: 8 fl oz. ladle	☐ #3 Includes Cooling Step
Servings per Pan:	

Recipe Adapted From:

Sauk Prairie School District

Let's Cook
WISCONSIN SCHOOL MEALS ROCK

Ingredients	Weight	Measure
Onions, Raw, Chopped		1 ¼ cups
Celery, Raw, Chopped		1 ¼ cups
Vegetable Oil		1 ½ Tbsp
Tomato Paste, Canned, No Salt Added	36 oz	
Water- to Dilute Paste		3 cups
Tomatoes, Canned, Diced		½ #10 can
Green Beans, Whole, Frozen	2 lb 12 oz	
Carrots, Frozen	1 lb 4 oz	
Water	2 gal	
Kidney Beans, Canned		7 ½ cups
Bay Leaf		1 leaf
Basil, Dried		1 ¼ tsp, ground
Oregano, Dried		1 ¼ tsp, ground
Italian Seasoning Mix		1 ¼ tsp
Thyme, Dried		1 ¼ tsp, ground
Black Pepper		1 ¼ tsp
Salt		1 tsp

Procedure

1. Sauté onions and celery in vegetable oil in a pan over medium heat.
2. In a separate pot, dilute tomato paste with water over medium heat until blended.
3. Add diced tomato, green beans, carrots, and additional water to tomato base.
4. Drain and rinse canned kidney beans, add to pot.
5. Add all dry seasonings to pot and allow to simmer for approximately 10 minutes.
6. Add sautéed vegetables and simmer while stirring.
7. Heat to internal temperature of 165°F.
8. Remove and discard bay leaf.

CCP: Hold for Hot Service at 135° F or higher.

Total Yield:		Number of Pans:
Weight:	Measure: 50 cups	Pan Size:

Meal Component Contribution/Nutrition Analysis Based on Portion Size

Specify the grade group in the columns:	Grade Group: K-8, 9-12				
Meat/Meat Alternate					
Vegetable Subgroups	DG	B/P	R/O	S	O
		⅛ c.	⅜ c.		⅛ c.
Fruits					
Grains					
Calories:	76				
Saturated Fat (g):	0.11 g				
Sodium (mg):	193.19 mg				

Equipment (if not specified in procedures above):

DG=Dark Green B/P=Beans/Peas (Legumes) R/O=Red/Orange
S=Starchy O=Other