

Minestrone Soup

Minestrone Soup is full of fresh vegetables. The combination of beans, carrots, onions, cabbage, tomatoes and zucchini add a level of freshness that is unparalleled.

CACFP Home Childcare Crediting Information

1 cup (1 cup measuring cup or 8 fl oz spoodle) provides

Legume as a Vegetable

½ cup vegetable (⅛ cup additional vegetable, ⅛ cup legume vegetable, ⅛ cup red/orange vegetable, ⅛ cup other vegetable).

OR

Legume as a Meat Alternate

¾ cup vegetable (⅛ cup additional vegetable, ⅛ cup red/orange vegetable, ⅛ cup other vegetable), 0.5 oz equivalent meat alternate.



Preparation Time: 25 minutes

Cooking Time: 50 minutes

Makes: 6 servings

Ingredients

⅛ cup or 1 oz Water
 ¼ cup or 1 ½ oz Fresh onions, diced
 ⅓ cup or 1 ½ oz Fresh carrots, diced
 ⅓ cup or 1 ½ oz Fresh cabbage, minced
 1 ½ oz Spinach leaves
 ⅓ cup or 1 ½ oz Fresh celery, chopped
 ⅓ cup or 1 ½ oz Fresh zucchini, chopped
 1 tsp Low-sodium beef base
 2 ½ cups Water
 ¼ cup or 2 oz Canned low-sodium tomato paste
 Dash Ground black pepper
 Dash Dried oregano
 2 tsp Garlic powder
 ½ tsp Salt
 Dash Dried marjoram
 ¼ tsp Onion powder
 1 tsp Ancho chili powder
 OR
 1 tsp Mexican Seasoning Mix (See Notes Section)

Directions

- 1 In a large saucepan, add ⅛ cup water, onions, carrots, cabbage, celery, spinach, and zucchini. Simmer uncovered over medium-high heat for 15 minutes or until tender.
- 2 Add beef base, 2 ½ cups water, tomato paste, pepper, oregano, garlic powder, salt, marjoram, onion powder, ancho chili powder or Mexican seasoning mix, and parsley. Simmer uncovered over medium-high heat for 30 minutes.
- 3 Add beans and macaroni. Simmer uncovered over medium-high heat for 20 minutes.
- 4 Critical Control Point:
Heat to 140 °F or higher for at least 15 seconds.
- 5 Pour minestrone soup into a large soup tureen or bowl.
- 6 Critical Control Point:
Hold at 140 °F or higher until served.
- 7 Serve 1 cup (portion with 1 cup measuring cup or 8 oz spoodle).

Ingredients continued

1 ½ cups or 8 ¼ oz Canned great northern beans, drained

OR

1 ½ cups or 8 ¼ oz Dry great northern beans, cooked (See Notes Section)

Dash Dried parsley

⅓ cup or 1 ⅓ oz Whole-grain elbow macaroni

Notes Section:

Mexican Seasoning Mix ¾ cup (about 4 ½ 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.

How to Cook Dry Beans

Special tip for preparing dry beans:

SOAKING BEANS

OVERNIGHT METHOD: Add 1 ¾ qt cold water to every 1 lb of dry beans. Cover and refrigerate overnight. Discard the water. Proceed with cooking beans.

QUICK-SOAK METHOD: Boil 1 ¾ 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 cooking beans.

COOKING BEANS

Once the beans have been soaked, add 1 ¾ qt water for every 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 140 °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 2 ¼ cups dry or 4 ½ cups cooked beans.

Source:

CACFP 6-Serving Recipe Project

Nutrients Per Serving: **Calories** 164, **Protein** 10 g, **Carbohydrates** 31 g, **Dietary Fiber** 9 g, **Total Sugars** 2 g, **Total Fat** 1 g, **Saturated Fat** 0 g, **Cholesterol** 0 mg, **Sodium** 266 mg, **Vitamin A** 111 mcg RAE, **Vitamin C** 12 mg, **Vitamin D** 0 IU, **Calcium** 102 mg, **Iron** 4 mg, **Potassium** 627 mg

