

Zippy Bean Minestrone

Makes: 50 or 200 Servings

50 Servings

200 Servings

Ingredients	Weight	Measure	Weight	Measure
Diced tomatoes in juice, canned	8 lb 5 oz (1 1/3 of # 10 can)		33 lb 4 oz (5 1/3 of #10 can)	
Beef bouillon, from soup base	3 lb 8 oz	1 3/4 qt	14 lb	7 qt
Great Northern or Navy beans canned, undrained	2 lb 15 oz (1/2 of # 10 can)		11 lb 13 oz (1 3/4 of #10 can)	
Pinto or Kidney beans, canned, undrained	2 lb 15 oz (1/2 of #10 can)		11 lb 13 oz (1 3/4 of # 10 can)	
Mixed vegetables, frozen	3 lb 8 oz		14 lb	
Onions, chopped	12 oz		3 lb	
Green pepper, chopped	7.2 oz		1 lb 13 oz	
Garlic cloves, minced	.7 oz	4 cloves	2 oz	12 cloves
Salad Oil		1 Tbsp + 2 tsp	3 1/2 oz	1/4 cup + 3 Tbsp
Basil leaves, dried, crumbled	.14 oz	2 1/2 tsp	.56 oz	3 Tbsp + 1 tsp
Oregano leaves, dried, crumbled	.14 oz	2 1/2 tsp	.56 oz	3 Tbsp + 1 tsp
Bay leaves, tied in cheesecloth		5		16
Durum macaroni, dry	14 oz		3 lb 8 oz	

Nutrition Information

Key Nutrients	Amount	% Daily Value*
Total Calories	112	
Total Fat	2.3 g	
Protein	5.7 g	
Carbohydrates	NA	
Dietary Fiber	2.8 g	
Saturated Fat	NA	
Sodium	575 mg	

Directions

1. Mix tomatoes, bouillon, and beans in steam kettle. Heat.
2. Steam mixed vegetables until barely tender.
3. Saute onion, garlic, pepper in oil until onion is clear. Add along with mixed vegetables to bean mixture.
4. Add herbs to bean mixture. Simmer to blend flavors at least 40 minutes.
5. 30 minutes before serving add macaroni and simmer

until tender. Remove bay leaves.

6. Individual servings may be topped with cheese when served.

Notes