Minestrone

Makes: 100 servings

	100 Servings	
Ingredients	Weight	Measure
Water		2 cups
Onions, Fresh, Diced	1 lb 2 oz	3 cups
Carrots, fresh, diced	2 lb 12 oz	2 qt 2 1/2 cups
Cabbage, fresh, shredded	12 oz	1 qt 1/4 cup
Celery, fresh, chopped	1 lb	1 qt
Zucchini, fresh chopped (optional)	1 lb	3 3/4 cups
Beef stock		4 gal 3 qt
Tomato paste, canned	2 lb	3 1/2 cups
Black pepper, ground		2 tsp
Oregano, dried		1/2 tsp
Parsley, dried		1 tsp
Garlic, granulated		4 tsp
Salt		2 tsp
Thyme, dried, optional		1/4 tsp
Refried beans, low-fat, canned	7 lb 3 oz	3 qt 1/4 cup (1 No. 10 can)

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	**84**	
Total Fat	0.84 g	
Protein	5.65 g	
Carbohydrates	13.82 g	
Dietary Fiber	3.2 g	
Saturated Fat	0.02 g	
Sodium	395 mg	

(spiral)

Directions

1. Pour water into steam-jacketed kettle. Add onions, carrots, cabbage, celery and zucchini (optional). Simmer for 15 minutes until tender.
2. Add beef stock, tomato paste, pepper, oregano, parsley, garlic, salt, and thyme (optional). Simmer, uncovered, for 30 minutes.
3. Add beans. Stir thoroughly.
4. Add pasta. Continue simmering for 20 minutes. Serve.