



Minestrone Soup

Makes: 50 child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
¼ cup	vegetable oil	60 mL
2	onions, diced	2
6 cloves	garlic, minced	6 cloves
4 stalks	celery, diced	4 stalks
3	carrots, diced	3
1 ½ cups	green beans, cut into ½ inch pieces	375 mL
1 tbsp	oregano, dried	15 mL
1 tbsp	basil, dried	15 mL
4 (28 oz) cans	low-sodium tomatoes, diced or crushed	4 (796 mL) cans
20 cups	water or low-sodium broth	5 L
5 cups	kidney beans, cooked OR canned beans, rinsed and drained	1.25 IL
4 cups (1 lb)	whole grain or whole wheat macaroni, uncooked	1 L (450 g)
1 tsp	salt	5 mL
Optional:	pepper	
Garnishes:		
1 cup	parmesan cheese, grated	250 mL
½ cup	fresh basil, chopped	125 mL

Instructions

1. Heat vegetable oil in a large pot over medium-high heat. Add the onion and cook until soft.
2. Add the garlic and cook an additional 2 minutes.
3. Add the celery and carrots and cook until they begin to soften, about 5 minutes.

Note 1: Instructions are continued on page 2.

Note 2: Nutrition Information is on page 2.

4. Add the oregano, basil, tomatoes, and water (or broth) and bring to a boil. Reduce the heat to medium-low and simmer 10 minutes.
5. Stir in the kidney beans, green beans, and pasta and cook until the pasta and vegetables are tender, about 10 minutes. Add salt and pepper (if using).
6. Ladle into bowls and top with the parmesan and chopped basil (if using).

Nutrition Information	
Serving 220 mL (¾ cup)	
Calories	120
Fat	2 g
	Saturated 0 g + Trans 0 g
Sodium	125 mg
Carbohydrates	20 g
	Fibre 4 g Sugars 3 g
Protein	7 g
Calcium	50 mg
Iron	1.5 mg

Food Guide Servings
½ Vegetable & Fruit
½ Grain Product
¼ Meat & Alternative