



# Mama Kirk's Homemade Minestrone Soup

**Makes:** 50 Servings

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Ingredients	Weight	Measure
Beans, Great northern, dry	6 lbs	
Macaroni, whole wheat, dry	1.6 lbs	
Carrots	4.17 oz	
Onions	4.17 oz	

Celery	4.17 oz	
Sweet green peppers	8.33 oz	
Oil		2.08 tsp
Sweet yellow corn	8.33 oz	
Green beans	8.33 oz	
Italian Seasoning		8.33 tsp
Tomato puree, without salt		12 cups
Chicken Stock		6.5 quarts
Garlic powder		2.08 tsp
Onion powder		1 tsp
Ground black pepper		

## Directions

1. Soak and cook dry northern beans. Reserve.
2. Cook and drain whole wheat macaroni. Reserve.
3. In a large stock pot, saute the carrots, onions, celery and green peppers in the vegetable oil for about 5 minutes.
4. Add the corn and the green beans, saute for 2 more minutes.
5. Add the chicken stock, tomato puree and seasonings. Bring to a simmer.
6. Add the northern beans which have already have been soaked and cooked. Let the soup simmer for at least an hour. Hold at 140 degrees F.
7. Before service, add the already cooked pasta. Serve hot in 8 ounce bowls.

## Notes

### Serving Tips:

Healthy, flavorful meal in itself. Savory and comforting. This minestrone is a mixed vegetable soup made with northern beans and whole wheat macaroni. Cooked together, the marvelous minestrone is seasoned with a medley of dried herbs and spiced to make a hearty and filling meal.

**Source:** Salem Public School (Recipes for Healthy Kids Challenge)