

Minestrone Soup (Vegan/Vegetarian)

Yield: Eight 1 1/2 to 1 3/4 cup servings

Prep time: 20 minutes Start to finish: 1 hour

*****BEGIN BY DIVIDING THE INGREDIENTS IN HALF so that the recipe yields four servings. Place the new amount on the line to the left of each ingredient.***

Ingredients:

_____ 3 tablespoons olive oil

_____ 1 medium onion, chopped

_____ 4 cloves garlic, skin removed, minced or pressed

_____ 5 cups vegetable stock

_____ 1 cup water

_____ 1 small zucchini, medium diced (1/2 inch dice)

_____ 1 carrot, medium diced

_____ 1 small potato, medium diced

_____ 1/2 cup green beans (can be frozen; cut into 1 inch pieces or French cut)

_____ 1/2 cup corn

_____ 2 leaves of greens of your choice (spinach, collard, beet greens, kale, etc.), shredded

_____ 1 teaspoon grated lemon peel (fresh or dry)

_____ 1/2 teaspoon dried rosemary leaves

_____ 1 teaspoon dried Italian seasoning

_____ 1 teaspoon dried basil leaves

_____ 1/2 teaspoon salt

_____ 1/4 teaspoon freshly ground black pepper

_____ C. + _____ T. 3/4 cup whole grain pasta of your choice

Elbow macaroni, orzo, bow ties, small shells, noodles, twists, etc.

_____ 1 cup (half of a 14.5 or 15 oz. can) stewed tomatoes and their juice

_____ 1/2 cup (one fourth of a 14.5 or 15 oz. can) garbanzo beans, drained, rinsed

_____ 1 cup (half of a 14.5 or 15 oz. can) red kidney beans, drained, rinsed

Method:

1. Heat oil in large saucepan or Dutch oven over medium-high heat. Add the onion and cook, stirring occasionally, for 5 minutes, or until soft.
2. Add the garlic and cook for only 1 minute.
3. Stir in the stock, water, zucchini, carrot, potato, green beans, corn, greens, lemon peel, rosemary, Italian seasoning, basil, salt, and pepper. Bring to a boil. Reduce heat to low, cover, and simmer for 10 minutes or until the vegetables are tender.
4. Stir in the pasta, tomatoes and their juice, and the beans. Simmer, covered, for 30 minutes.
5. Garnish with grated Parmesan cheese and serve hot.

NOTE: You may use up to 3 tablespoons of chopped fresh basil leaves if it is available. In this case, omit the dry basil. Add the fresh basil just before serving. You can also add mashed pine nuts.

Cost comparison:

Your recipe that yields four servings of soup (approximately 56 fluid ounces) is roughly equal in volume to three large cans of minestrone soup (a total of 57 fluid ounces) purchased at your local grocery store. Your teacher will provide you with prices of a can of soup and the prices for each of the soup ingredients so that you can compare the cost of homemade soup to the cost of prepared canned soup purchased at the grocery store.

Store bought 19 ounce can of minestrone is \$ _____ X 3 = \$ _____ total cost

One half recipe (four servings) of homemade minestrone is \$ _____

How does the cost compare?

Discuss and take note of the other factors that determine the value of a food.

Hold a discussion either on the same day as the lab or the next day. Heat the contents of a can of store bought minestrone and a sample of the homemade soup saved from the lab. Provide a copy of the list of ingredients from the canned soup label. Have one student taste a sample of each, write down their impressions, and then report their findings to the class during the discussion. All students take notes:

Flavor -

Ingredients –

Nutritional value -

Appearance –

Sodium (salt) content: canned _____ homemade _____

What factors make it worthwhile to prepare soup “from scratch” at home?