

# Minestrone Stew (IST)

Makes: 30 2-ounce servings

Time: 25 minutes



## Ingredients:

- 2 Tablespoons olive oil
- ½ onion, chopped into small chunks
- 2 medium carrots, chopped into small chunks
- 1 celery stalk, chopped into small chunks
- 4 cloves garlic, minced
- 4 ounces button mushrooms, diced small
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- ¾ teaspoon dried oregano
- ¾ teaspoon dried basil
- ¼ teaspoon red pepper flakes
- (1) 4-ounce package fresh or frozen spinach
- (1) 15-ounce can low-sodium white beans, drained and rinsed
- (1) 15-ounce can diced tomatoes (do not drain)
- (1) 32-ounce container low-sodium vegetable broth
- 2 cups uncooked elbow macaroni, ditalini, or other small pasta shape
- 1 Tablespoon apple cider vinegar

## Kitchen Tools:

- Electric skillet with lid
- Measuring spoons
- Dry measuring cups
- Plastic lettuce knives
- Cutting boards
- Set of mixing bowls
- Can opener
- Cutting boards
- Strainer or colander
- Large mixing spoon

## Instructions:

1. The assistant educator begins prepping for cooking while the lead educator introduces the lesson. Lead educator reads the recipe aloud with the students. Assistant educator heats 2 Tablespoons olive oil in an electric skillet over medium-high heat. It's recommended that you start cooking early and finish your lesson while the pasta is cooking.
  - a. Group 1 (largest group): Chop onion, carrots, and celery into small chunks. Add to skillet and sauté for 5 minutes.
  - b. Group 2: Dice mushrooms and mince garlic. Add to skillet and stir. Add spinach to skillet and stir. Add vegetable broth to skillet and cover with a lid until liquid is boiling.
  - c. Group 3: Measure salt, black pepper, basil, oregano, and red pepper flakes into a bowl and set aside. Once the liquid is boiling, add spices to skillet and stir to combine. Add drained, canned beans, canned tomatoes, uncooked pasta, and vinegar to skillet. Stir to combine.
2. Reduce heat to medium, cover, and let cook for 10 minutes or until pasta is cooked.
3. Serve warm, topped with fresh herbs or pesto, if desired. Enjoy!

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<b>Nutrition Facts</b>		
<b>Serving Size</b>	<b>1 × 6 Serving</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>281.5</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b>	5.6 g	7 %
Saturated Fat	0.7 g	4 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	516 mg	22 %
<b>Total Carbohydrate</b>	48.3 g	18 %
Dietary Fiber	6.6 g	23 %
Total Sugars	6 g	
Added Sugars	0.8 g	2 %
<b>Protein</b>	11.4 g	
Vitamin D	0 mcg	0 %
Calcium	77.8 mg	6 %
Iron	3.2 mg	18 %
Potassium	688 mg	15 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
<a href="https://www.cronometer.com">Full Info at cronometer.com</a>		</>