**Lab: Minestrone Soup**

Oven Temperature: No oven required Name: KEY

Cooking Time: Total cook and prep time = 30 min Lab Duty:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Servings: 2 Partner:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| **Product Standards**1. Pasta Al dente (soft yet a little crunchy)
2. Vegetables cut the proper size for soup.

Small dice | **Reminders**1. Put water on to boil right away
2. Measure boiling water in the sink
3. Remember knife safety – damp paper towel, the claw and proper knife grip
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| **Ingredients:****10 ml** oil (toonie size)**1/8**  onion, peeled and diced**1 – 2** cloves of garlic, minced**¼** carrot, peeled and diced**¼** celery, diced**125 ml** tomatoes, diced (use canned diced tomatoes)**400 ml** water (boiling)**15 ml** vegetable stock **or** **15 ml** chicken stock**50 ml** beans (kidney and or chickpea) (canned)**Dash** salt and pepper**1/2**  bay leaf**1 ml** oregano**1** **ml** basil**50 ml** macaroni noodles (dry)Optional: Parmesan cheese (when making at home) | **Method:**1. Prepare all the veggies and spices before starting to cook
2. Turn heat to medium-low and heat oil in a large saucepan
3. Cook onions and carrots (about 3 min)
4. Add celery and garlic to the onions and carrots and cook for about 3 min

 \_\_\_\_\_\_\_\_\_\_1. Put un drained tomatoes, beans in a small bowl
2. Add the tomatoes, beans, boiled water, spices and stock (bring up your small measure to get the stock and stir into your soup) and bring to a rolling boil. Stir
3. Add in pasta and cook until the noodles are cooked to “al dente” (approx. 10 min)

 \_\_\_\_\_\_\_\_\_\_1. Carefully remove the bay leaf from the soup
2. Portion into bowls and serve hot
3. Add Parmesan cheese if desired
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| **Equipment:**500ml liquid measure Small measureDry measureLarge Pot with lidKettleCutting boardPeeler  | Chef’s knifeLadleWooden spoonCustard CupGreen traySmall bowl | **Cooking Concepts**1. Hot water safety
2. Types of pasta
3. How to cook pasta (al dente style and not overcooked)
4. Cutting and cooking vegetables for soup
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**Nutritional Value**: **Grains**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Veg & Fruit** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

  **Meat& Alternative**: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Dairy:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_