**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 |
| **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 |
| **Equipment:**  500ml liquid measure  Small measure  Dry measure  Large Pot with lid  Kettle  Cutting board  Peeler | Chef’s knife  Ladle  Wooden spoon  Custard Cup  Green tray  Small 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 | |

**Nutritional Value**: **Grains**:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Veg & Fruit** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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