

Vin's Minestrone Soup

BY **CHEF VINCENT "VIN" CONNELLY**, KITCHEN MANAGER, CAMBRIDGE RINDGE AND LATIN SCHOOL

A trusty minestrone from Chef Vin. Kim Szeto, Farm to School Coordinator for Boston Public Schools adds 5 pounds of thinly sliced collard greens to minestrone, and students love it. Swiss chard or fresh spinach also work.

- 1 cup vegetable oil
- ½ cup minced garlic
- 3 pounds Spanish onions, peeled and diced
- 2 pounds carrots, peeled and diced
- 2 pounds celery, trimmed and diced (including the leaves)
- 1 tablespoon salt, or more to taste
- 3 medium zucchini, trimmed and cut into ½-inch cubes
- 3 summer squash, trimmed and cut into ½-inch cubes
- 2 gallons water
- 1 #10 can plus 1 cup crushed tomatoes
- 1 #10 can plus 2½ cups kidney beans, drained and rinsed
- 1 tablespoon black pepper
- 3½ pounds dry elbow macaroni

YIELD: 100 SERVINGS (K-5) * SERVING SIZE: 1 CUP

Heat the oil in a large pot over medium heat.

When the oil is hot, add the garlic and cook for 30 seconds. Add the onions, carrots, and celery. Sprinkle the vegetables with kosher salt.

Cover the pot and sauté the vegetables for 15 minutes, stirring occasionally. Stir in the zucchini and summer squash.

Raise the heat to high. Pour in the water and bring to a boil. Reduce the heat and simmer for 15 minutes.

Add the crushed tomatoes and kidney beans. Simmer for 10 minutes more. Season the soup with salt and black pepper.

Add the cooked elbows just before service.

NUTRITIONAL INFORMATION

CALORIES: 98; SODIUM: 226.15 MG; SATURATED FAT: 3.28%

USDA REQUIREMENTS MET

½ OUNCE M/MA

⅛ CUP RED OR ORANGE VEGETABLE

OR

¼ CUP TOTAL VEGETABLE

(⅛ CUP RED OR ORANGE VEGETABLE, ⅛ CUP LEGUME VEGETABLE)