

Minestrone

READY IN



45 min.

SERVINGS



40

CALORIES



450 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 4 pound baking hen
- ☐ 0.3 cup barley
- ☐ 1 bay leaf
- ☐ 29 ounce canned tomatoes whole undrained chopped canned
- ☐ 8 ounce water chestnuts undrained sliced canned
- ☐ 16 ounce carrots undrained sliced canned
- ☐ 1 large celery stalk with leaves, cleaned and chopped
- ☐ 1.5 tablespoons chicken-flavored bouillon granules
- ☐ 1 eggs well beaten

- ☐ 8 ounce fettuccine barilla
- ☐ 40 servings chives fresh chopped
- ☐ 0.3 cup dill weed fresh chopped
- ☐ 1 cup mushrooms fresh chopped
- ☐ 0.3 cup parsley fresh chopped
- ☐ 3 cloves garlic
- ☐ 29 ounce cut green beans undrained canned
- ☐ 17 ounce peas green undrained canned
- ☐ 2 small pasilla peppers green seeded chopped
- ☐ 1.5 pounds ground beef lean
- ☐ 2 tablespoons penzey's southwest seasoning italian
- ☐ 1 optional: lemon
- ☐ 2 large onions chopped
- ☐ 40 servings parmesan cheese grated
- ☐ 0.5 teaspoon pepper
- ☐ 1 medium size pepper pod red chopped
- ☐ 1.5 teaspoons salt
- ☐ 0.5 cup cooking sherry divided
- ☐ 2 medium turnips diced peeled
- ☐ 28 ounce kernel corn whole undrained canned

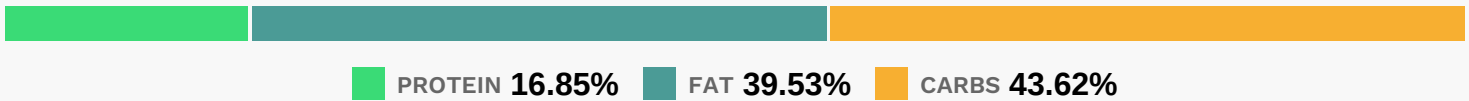
Equipment

- ☐ bowl
- ☐ ladle
- ☐ mixing bowl
- ☐ pot
- ☐ slotted spoon

Directions

- ☐ Combine meat, egg, 1/4 cup cooking sherry, juice of lemon (reserve rind), Italian seasoning, salt, and pepper in a medium mixing bowl; mix well. Cover tightly, and refrigerate mixture overnight. Shape into 1/2-inch meatballs, and refrigerate until ready to use.
- ☐ Remove giblets from hen; reserve for other uses.
- ☐ Remove excess fat from hen; discard. Rinse hen in cold water.
- ☐ Combine prepared hen, onion, green pepper, celery, barley, remaining cooking sherry, red pepper, garlic, bouillon granules, bay leaf, and reserved lemon rind in a 21-quart stock pot.
- ☐ Add water to cover hen; stir well. Cover and bring to a boil. Reduce heat to medium, and cook 1 hour.
- ☐ Remove garlic and bay leaf from broth with a slotted spoon, and discard.
- ☐ Remove hen from broth, and cool slightly. Bone hen, and chop meat. Discard bones; return meat to broth. Stir in tomatoes, turnips, and mushrooms. Bring to a boil.
- ☐ Add reserved meatballs, one at a time, to boiling broth; stir well.
- ☐ Add green beans, corn, peas, carrots, and water chestnuts, stirring well after each addition. Stir in dill weed, parsley, and fettuccine. Cover and remove from heat.
- ☐ Let soup stand 1 hour.
- ☐ Ladle soup into individual bowls; sprinkle each serving with Parmesan cheese and chopped fresh chives.
- ☐ Serve warm.
- ☐ Note: Minestrone freezes well.

Nutrition Facts



Properties

Glycemic Index:16.52, Glycemic Load:4.1, Inflammation Score:-9, Nutrition Score:21.277825961942%

Flavonoids

Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg, Catechin: 0.05mg Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg, Epicatechin: 0.02mg Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg, Eriodictyol: 0.58mg Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg, Hesperetin: 0.77mg Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg, Naringenin: 0.03mg Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg, Apigenin: 0.81mg Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg, Luteolin: 0.29mg

Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg, Isorhamnetin: 0.57mg Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg, Kaempferol: 0.32mg Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg, Myricetin: 0.11mg Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg, Quercetin: 2.44mg

Nutrients (% of daily need)

Calories: 449.66kcal (22.48%), Fat: 19.73g (30.36%), Saturated Fat: 7.96g (49.74%), Carbohydrates: 48.99g (16.33%), Net Carbohydrates: 44.86g (16.31%), Sugar: 9.41g (10.46%), Cholesterol: 47.96mg (15.99%), Sodium: 1325.41mg (57.63%), Alcohol: 0.31g (100%), Alcohol %: 0.18% (100%), Protein: 18.93g (37.85%), Phosphorus: 552.97mg (55.3%), Vitamin A: 2654.02IU (53.08%), Calcium: 386.72mg (38.67%), Selenium: 22.66µg (32.37%), Vitamin K: 28.63µg (27.26%), Vitamin C: 21.99mg (26.65%), Vitamin B1: 0.38mg (25.64%), Vitamin B2: 0.42mg (24.88%), Manganese: 0.48mg (23.99%), Folate: 95.35µg (23.84%), Vitamin B3: 4.13mg (20.67%), Zinc: 2.89mg (19.26%), Fiber: 4.13g (16.54%), Iron: 2.96mg (16.43%), Vitamin B12: 0.97µg (16.23%), Vitamin B6: 0.29mg (14.35%), Potassium: 459.64mg (13.13%), Magnesium: 51.45mg (12.86%), Copper: 0.23mg (11.69%), Vitamin B5: 0.9mg (9.03%), Vitamin E: 0.92mg (6.11%), Vitamin D: 0.21µg (1.41%)