

Soup's On! Time for Minestrone

What is minestrone soup? Vegetables and pasta or rice (makes, make) up this thick soup that comes from Italian kitchens originally. The most common ingredients found in this hearty soup (is, are) beans, onions, celery, carrots, stock, and tomatoes.

Where is the beef you say? Minestrone soup is known to be a vegetarian's dream using vegetables that are in season, but any cook will tell you that meat can be added to (makes, make) this soup even better.

Because of its unique beginnings from as earlier as 2nd century BC, the recipe (has, have) had many variations over the centuries. These variations came from Latin and Roman influence but all (agrees, agree) on the use of heavy vegetables to make this soup delicious. Since there is not a fixed recipe, cooks of minestrone (disagrees, disagree) on traditional cooking times and ingredients. Minestrone (ranges, range) from a thick and hearty stew with boiled-down vegetables, to a more brothy soup with large amounts of diced, lightly cooked vegetables.



Ingredients

- 4 tablespoons margarine
- 3/4 cup chopped onion
- 1/4 cup chopped celery
- 1/2 cup chopped carrots
- 1 (19 ounce) can cannellini beans
- 1/2 cup shredded cabbage
- 1 (14.5 ounce) can stewed tomatoes
- 1 tablespoon tomato paste
- 1 1/2 cups cubed potatoes
- 1 quart chicken broth
- 2 cloves garlic, minced
- 2 tablespoons dried parsley
- 1 teaspoon salt
- 1/2 cup elbow macaroni
- 1/2 cup grated Parmesan cheese



Directions:

First, you should (melts, melt) the butter or margarine in a heavy pot over medium heat. Next, add onion, celery, and carrots to the butter and sauté for a few minutes. The next step, with a majority of the ingredients, (is, are) to add the beans, cabbage, tomatoes, tomato paste, potato, stock, garlic, parsley, and salt to the pot. After bringing all ingredients to a boil, (covers, cover), and reduce heat. Allow the pot to simmer for approximately 1 hour until vegetables (is, are) barely tender. Be sure to stir the vegetables and check to see if they (is, are) tender, then add the pasta and simmer for 30 minutes more. (Checks, check) the seasoning to make corrections where needed and serve hot with grated cheese. Enjoy!

Name: _____ Date: _____

Subject / Verb Agreement – Healthy but Tasty School Lunches

When trained chefs _____ a tasty lunch, children eat more fruits and vegetables, a new study released on Monday said.	prepares	prepare
The chefs, professionally trained, _____ randomly assigned to some schools to spice up fruits, vegetables and main courses with low-fat, low-salt recipes.	was	were
In some of the schools, the project also _____ with how the foods are presented to the children in the food line.	experiments	experiment
According to the study, when kids eat junk food for lunch, it _____ to childhood obesity – being overweight to the point of health problems.	contributes	contribute
The Obama administration, in particular first lady Michelle Obama, _____ made healthy school lunches a priority.	has	have
The chefs _____ cooking healthier meals with low fat, low salt and whole-grain ingredients.	was	were
After three months, the children don't choose more fruits and vegetables prepared by chefs very often, but after seven months they _____.	does	do
They also choose more fruit in schools when it _____ displayed more attractively and placed where students can see it better.	is	are
When asked how any school district could afford a chef, Cohen said the move actually _____ money for the districts in the study.	saves	save
The chefs _____ about tasty recipes and attractive food presentation in cooking school.	learns	learn
Also, chefs from restaurants and caterers _____ able to cut down on waste with their knowledge of using food more efficiently and how much food to order for school meals.	was	were

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Answer Key

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