

RECIPE

Minestrone Soup



INGREDIENTS

- 1/3 cup olive oil
- 1 medium yellow onion, chopped
- 3 stalks celery, chopped
- 2 carrots, chopped
- 2 tablespoons garlic, chopped
- 1 teaspoon salt
- 1 (15-ounce) can tomatoes, diced with juice or Fresh Stewed Tomatoes, chopped
- 1 quart water
- 1 teaspoon oregano
- 1 teaspoon basil, dried
- 1 cup kidney beans, cooked & drained
- 1 cup garbanzo beans, cooked & drained
- 1/2 cup white wine
- 1/2 teaspoon black pepper
- 1 fresh zucchini, chopped
- 1 fresh squash, chopped
- 1 pound ditalini pasta, cooked or other small pasta
- 1 cup fresh spinach, chopped (*optional*)

1. In a large heavy-bottomed soup pot, saute' together for about 10 minutes over medium-high heat by first heating the oil in the pan:
 - oil
 - yellow onion
 - celery
 - carrots
 - garlic
 - salt
2. Allow this mixture to soften but not brown, covering the pot and lowering heat if necessary. Stir the pot often to avoid sticking and ensure even cooking.
3. Add to the soup pot:

tomatoes	water
oregano	basil
kidney beans	garbanzo beans
white wine	black pepper
4. Add to the soup:
 - zucchini
 - squash
 - ditalini pasta (or other small pasta)
 - spinach (optional)
5. Allow to simmer for another 5 to 8 minutes, or just until the squashes/spinach have become tender.

Taste the soup to adjust the seasonings.