

## MINESTRONE SOUP RECIPE

This recipe is a remix based on what I have at home. Right now, no one wants to run out and get a “special” ingredient, but rather use what we have on hand. This is wonderful on two fronts: 1 - you don’t have as much waste and 2 - less waste means less stress on our economy and resources both individually and globally. That being said, let’s get cooking!

### Ingredients:

- 2 tbsp. olive or canola oil
- 1 large onion, chopped
- 3 cloves garlic, minced
- 1 ½ tsp. salt
- 2 stalks celery, diced small
- 2-3 carrots, diced small
- 1 small zucchini, diced (or sub cucumber, I did! or eggplant)
- 1 green or red pepper
- Fresh or frozen greens or peas (I used frozen spinach I had)
- 4 cups water
- 1-28 oz crushed tomatoes or puree
- 1-8 oz can of tomato sauce (if you have it...or tomato juice!)
- 2-15 oz cans kidney, chick pea, cannellini, or black beans-whatever you have)-or cooked dried beans...about 2 cups cooked
- 1 cup dried pasta of any shape
- 1 tsp. Oregano
- 1 tsp. Basil
- 1 tsp. Tumeric ( if you have...boosts immunity!!!)





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- 1 tbsp. Dry parsley or ¼ fresh parsley
- Black pepper as desired
- Parmesan cheese for serving (or any cheese you like or have)

**Directions:**

- Heat oil in large soup pot. Add onion, garlic and salt. Cook over medium 5 minutes. Add celery, carrots, peppers, zucchini (or cucumber or eggplant), frozen veggies of choice, oregano, black pepper, dried parsley and basil. Cover and cook on low for about 10 more minutes. Add a little water if sticking and stir occasionally.
- Add water, and crushed tomato and tomato sauce, and beans. Cover and simmer for another 15 to 20 minutes.
- Bring the soup to a boil and add the pasta. Stir and cook until the pasta is tender. Add more water (or could use broth if desired).
- Serve topped with parmesan cheese and parsley and enjoy!!