



Minestrone Soup

(ingredient amounts are approximate - substitute based on seasonally available produce)

Heat:

2 TBS olive oil in a large pot

Add to olive oil and sauté until translucent:

1 onion, finely chopped

1 clove garlic, minced

Add to pot:

4 cups beef, chicken, or vegetable stock

1 can diced canned tomatoes or 1 ½ cups diced ripe fresh tomato

½ cup kale or Swiss chard

¼ shredded Savoy cabbage

1 large carrot, coarsely chopped

1 medium zucchini, coarsely chopped

½ TBS dried basil

½ TBS dried oregano

1 bay leaf

1 TBS balsamic vinegar

2 TBS chopped fresh parsley

Cover and simmer until the vegetables are tender-crisp, about 20 minutes

Add to pot and cook uncovered 8-10 minutes:

½ cup dried small elbow macaroni or shells

1 can cannellini beans, drained and rinsed

Season to taste with salt & pepper

Sprinkle with Parmesan cheese just before serving