

Minestrone Soup

½ c DICED CARROTS (2-3 carrots; sliced lengthwise and then ¼" slices)
½ c ¼" BIAS-CUT CELERY
½ c SLICED ZUCCHINI (¼" thick and then quartered)
½ c SLICED YELLOW SUMMER SQUASH (¼" thick and then quartered)
½ c CHOPPED ONION
½ c DICED GREEN OR RED PEPPER (typically 1 pepper)
20 oz CANNED DICED TOMATOES
24 fl oz CHICKEN STOCK
7.5 oz CAN RED KIDNEY BEANS, RINSED AND DRAINED (½ 15 oz can)
7.5 oz CAN GREAT NORTHERN BEANS, RINSED AND DRAINED (½ 15 oz can)
7.5 oz GARBANZO BEANS, RINSED AND DRAINED (½ 15 oz can)
HERB PISTOU (see below)
½ c SMALL PASTA, SUCH AS SHELLS

TO MAKE HERB PISTOU:

In a small bowl, make a paste by stirring:

1 ½ † DRIED BASIL
1 ½ † DRIED OREGANO
1 ½ † FENNEL SEED
½ † DRIED THYME
1.5 CLOVES GARLIC, MINCED
½ † PEPPER
½ † KOSHER SALT
1-2 T EXTRA VIRGIN OLIVE OIL

In large saucepan, place tomatoes and stock. Bring to a boil; reduce heat and add all vegetables. Simmer until vegetables are fork-tender.

Blend the Herb Pistou into the soup. Add the beans. Mix thoroughly. Continue to simmer to allow the herbs to flavor the soup well.

In a saucepan, bring cold water to a rapid boil. Add pasta; bring water back to boil and cook for 5 to 7 minutes or until pasta is just tender (Al Dente). Drain pasta. Rinse with cool water and add to the soup. Heat through.

Makes 4-5 servings