

MINESTRONE

2 Tablespoons olive oil

1 large onion, coarsely chopped

2 garlic cloves, minced*

1 stalk celery, sliced

1 large carrot, coarsely chopped

6-8 cups vegetable stock

1 15 oz. can diced tomatoes

1 zucchini, sliced

1 15 oz. can dark red kidney beans, rinsed and drained

1 15 oz. can garbanzo beans, rinsed and drained

1 1/2 cups cooked Flageolet beans or Italian green beans

1 teaspoon good quality salt (more or less to taste)

2 Tablespoons fresh basil, chopped (if dried, use about 2 teaspoons or to your taste)

1 Tablespoon fresh, parsley, chopped (if dried, use about 1 teaspoon or to taste)

1/2 teaspoon turmeric

1 cup whole-grain elbow macaronis

Sauté onions, garlic, carrots and celery in oil until soft. Add vegetable stock, tomatoes and salt. Bring soup to a boil, and then reduce heat and simmer for about 15-20 minutes, partially covered.

Add the zucchini, kidney beans, garbanzo beans, green beans, parsley, basil and turmeric and simmer for 15 minutes, adding more stock or water, if needed. (Extra liquid will be needed for the macaroni.) Turn off heat, add macaroni, cover and let sit until macaroni is cooked. Serve hot with Parmesan cheese, if desired.

*A head or bulb of garlic usually contains about 10 cloves. 1 clove = 1 teaspoon chopped garlic = 1/2 teaspoon minced garlic = 1/8 teaspoon garlic powder = 1/2 teaspoon garlic flakes = 1/4 teaspoon granulated garlic = 1/2 teaspoon garlic juice