

Minestrone Soup

written by admin | April 4, 2011



This famous vegetable and pasta soup from Italy can be made in many different ways. I've made this simple but delicious recipe for years. I never get tired of it! Feel free to switch out any of the vegetables for whatever you may have on hand. I love to include zucchini or cabbage or green beans. Just be sure to add more water or stock according to how thick you like your soup. Buon appetito!

Equipment:

Large soup pot

Ingredients:

- 4 Tbsp olive oil
- 1 medium onion, chopped
- 2 cloves garlic, crushed
- 2 medium potatoes, peeled and diced
- 3 carrots, peeled and diced
- 2 stalks celery, chopped
- 1 ½ cups shredded cabbage
- 4-5 skinned or canned tomatoes, chopped
- 6-7 cups water or vegetable stock (I usually just use water)
- 1 ½ cups frozen peas
- ½ cup boiled and cooked red kidney beans (or use canned)
- 1 cup any shaped pasta (small pasta works best)
- Sea Salt to taste

nutritional yeast (optional)

Directions:

1. Heat the olive oil in a large pot and fry the onion and garlic until the onion is soft, 2-3 minutes.
2. Stir in the potatoes, carrots and celery and fry for 3 minutes.
3. Add the cabbage and tomatoes. Cook for 5-6 minutes.
4. Add water or stock. Add peas, kidney beans, pasta and simmer gently, covered, for 10-15 minutes, or until the pasta is just tender. Season with sea salt to taste. After you ladle into a bowl, try adding a sprinkle of nutritional yeast. Yummy!

from "Vegetarian Cooking" by Lalita Ahmed