

MARVELOUS MINESTRONE

Serves 4

INGREDIENTS

2 tbsp/30 mL oil
½ medium onion, finely chopped
1 clove garlic, minced
3 cups/750 mL chicken stock, vegetable stock or water
2 medium carrots, peeled and thickly sliced
1 x 19 oz/540 mL can of tomatoes, with their juice, chopped
1 tsp/5 mL dried basil
½ tsp/2 mL dried sage
2 small zucchini, thinly sliced
1 x 14 oz/398 mL can kidney, pinto or navy beans, rinsed and drained
½ cup/125 mL small pasta
to taste salt and pepper
¼ cup/50 mL Parmesan cheese, grated

DIRECTIONS

- In a large pot, heat the oil over medium heat. Add the onion and garlic and cook until the onion is lightly browned. Add the stock or water, carrots, tomatoes, basil and sage. Bring to a boil. Turn down to a simmer and cook, partially covered, for 15 minutes.
- Add the zucchini, beans and pasta. Cook for 10 minutes longer. Season with salt and pepper.
- Thin the soup out with water if it seems too thick and adjust the seasoning. Sprinkle cooked soup with Parmesan.

Courtesy of *Many Hands - Community Kitchens Share Their Best*.
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Project. www.communitykitchens.ca

USEFUL TIPS

- Serve with a whole wheat bun to increase your fibre.
- To lower your salt intake use low sodium chicken stock or make your own stock.

MODIFICATIONS

- Add a variety of seasonings. This version uses Italian seasonings because it is an Italian soup but a curry version could be made with cumin, turmeric or a curry powder.
- For more vegetables try adding 1 celery stalk thickly sliced and 1 cup shredded cabbage.
- Dried oregano can be substituted for sage.

BUDGET CONSIDERATIONS

- Make extra and use for another meal during the week or freeze.
- Legumes are an inexpensive source of protein.
- Purchase dried herbs from the bulk food section.

