

minestrone

— serves 8 to 12

This healthy soup is a meal in itself and is perfect for a chilly day.

2 ribs celery, diced
1 lg. onion, diced
2 cloves garlic, minced
¼ c. minced parsley
1½ tsp. basil
3 T. olive oil
2 carrots, sliced
2 potatoes, cubed
1 med. turnip, cubed
2 to 3 med. zucchini, cubed
¼ sm. head cabbage, shredded
1 (10-oz.) pkg. frozen peas
1 (16-oz.) can diced tomatoes
1 qt. (4 c.) beef broth
1 (15-oz.) can great northern,
navy or kidney beans
1 c. elbow macaroni or broken-
up spaghetti
Salt and pepper, to taste
1 tsp. red pepper sauce
4 to 6 T. grated Romano or
Parmesan cheese

In large kettle, sauté celery, onion, garlic, parsley and basil in oil until tender; about 5 minutes. Add carrots, potatoes, turnip, zucchini, cabbage and peas; sauté 10 minutes, stirring occasionally. Stir in tomatoes and beef broth; bring to boil. Reduce heat; cover and simmer 45 minutes, stirring occasionally. Stir in beans and pasta; cover and cook 15 minutes or until pasta and vegetables are tender. Season with salt, pepper, and hot red pepper sauce. Serve in deep, large soup bowls; sprinkle with cheese.