

MINISTRONE SOUP

- 1 cup minced white onion (about 1 small onion)
 - 1 cup chopped mushrooms
 - ¼ cup minced celery (about 1/2 stalk)
 - 4 teaspoons minced garlic (about 4 cloves)
 - 4 cups vegetable broth
 - 3 (15 ounce) cans beans (kidney, navy, etc) drained & rinsed
 - 1 (14 ounce) can diced tomatoes
 - ½ cup carrot (julienned or shredded)
 - 2 teaspoons dried parsley
 - 1 ½ teaspoons dried oregano
 - ½ teaspoon ground black pepper
 - ½ teaspoon dried basil
 - ¼ teaspoon dried thyme *2 bay leaves*
 - 3 cups hot water (or V8 or tomato juice or part juice/part water)
 - 4 cups fresh Baby Spinach (or 1 box frozen, chopped)
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- ½ cup small shell pasta

DIRECTIONS

1. Saute onion, celery, garlic, mushrooms in water 5 minutes or until onions begin to turn translucent.
2. Add vegetable broth to pot, plus drained tomatoes, beans, carrot, hot water, and spices.
3. Bring soup to a boil, then reduce heat and allow to simmer for 1-2 hours.
4. Add spinach leaves and pasta and cook for an additional 20 minutes or until desired consistency.
5. Makes about eight 1 1/2 cup servings.