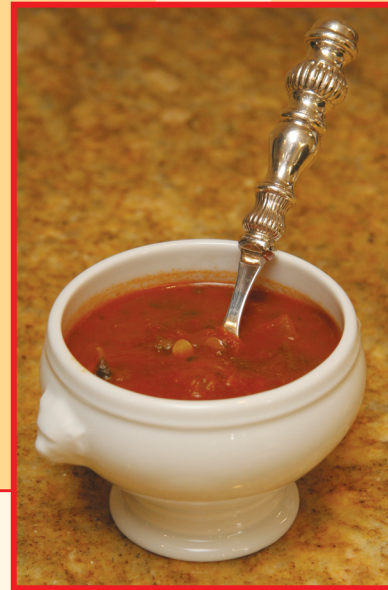


Everyday Kosher Cooking

MINESTRONE SOUP

Ingredients:

3 Cloves Garlic, Chopped
2 Onions, Chopped
3 Stalks of Celery, Sliced
6 Carrots, Sliced
2 Cups Chicken Broth
2 Cups Water
1 - 29 oz. Can Tomato Sauce
1 Cup Canned Kidney Beans, Drained
1 lb. Bag Frozen Green Beans, Thawed
1 - 10 oz. Box Frozen Chopped Spinach,
Thawed and Drained
3 Medium Zucchini, Sliced
1 Tablespoon Chopped Fresh Oregano, or
One Teaspoon Dried
2 Tablespoons Chopped Fresh Basil, or
Two Teaspoons Dried
Salt and Pepper to Taste
1/2 Cup of Your Choice Pasta
Oil for Sautéing



Directions:

Coat the bottom of a large pot with oil, and let it preheat over medium heat for about a minute. Then add chopped garlic. While that sautés, prepare the onion, and add it immediately. After the onions have been cooking 5 minutes, add celery and carrots, sauté for another 3 minutes.

Add the liquid: broth (if using), water, and tomato sauce.

Bring it to a boil stirring frequently; reduce to simmer, and add the remaining ingredients except for the pasta.

After the soup cooks about 35 minutes, add the desired pasta, and allow the soup to cook another 15-20 minutes on a medium-low flame.



Recipe By Chef Rikki Katz