

Italian, Soups

Killer Minestrone

James Bell

Servings: 8

*Make sure the vegetables are diced SMALL and consistent in size
Very healthy and good for you*

1 14oz can cannellini beans, drained
1 large carrot, diced
1/2 pound green beans, sliced
1/2 head cabbage, cut up
1/2 cup parsley, chopped
1 large yellow onion, minced
4 cloves garlic, minced
2 small squash, yellow and green, diced
2 tablespoons tomato paste
2 slices thick-sliced bacon, diced
1/2 cup small cut pasta, slightly pre-cooked
2 cups chicken stock
2 tablespoons olive oil
2 bay leaves
1 tablespoon chili powder
1/2 tsp chili flakes
fresh herbs (oregano, sage, thyme, rosemary) to taste
salt and pepper

Render/Saute bacon in olive oil until all fat is dissolved. Add green beans, carrots, onion and garlic and saute until semi-tender, 5-10 minutes. Add beans, tomato paste, seasonings, and enough water to cover. Simmer until things are tender, then add stock. Continue simmering for about 20 minutes, then add squash, cabbage, and pasta, adding water if necessary to maintain proper consistency. Simmer until done. **DON'T OVERCOOK!**
Serve with garlic bread and a sprinkling of Romano cheese.

Per Serving (excluding unknown items): 125 Calories; 3g Fat (23.0% calories from fat); 5g Protein; 20g Carbohydrate; 1mg Cholesterol; 292mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1/2 Fat.

