



Easy Minestrone

8 servings

1 cup diced onion
¼ cup olive oil
1 cup each coarsely chopped vegetables, 5 or more (frozen are fine) such as: curly endive, zucchini, carrots, celery, green beans, cabbage
1 clove garlic, finely chopped or pressed
1 teaspoon Worcestershire sauce if desired
2 drops Tabasco sauce if desired
2 teaspoons dried oregano
1 Tablespoon dried basil
1 28 oz. can crushed tomatoes in puree
1 can chickpeas (garbanzos), drained and rinsed
6 cups vegetable or chicken broth
1 cup small pasta
½ cup chopped fresh parsley
grated or shredded parmesan cheese, if desired

1. In a large pot, lightly brown onions in oil.
2. Add everything except pasta, fresh parsley and cheese. Bring to a boil.
3. Add pasta.
4. Return to boil, simmer 45 minutes.
5. Add parsley.
6. Serve with cheese if desired.

Nutrition Facts

Calories 260.5 **Total Fat** 8.0 g **Saturated Fat** 1.0 g **Total Carbohydrate** 41.4 g

Dietary Fiber 7.1 g **Protein** 7.2 g