

MINESTRONE SOUP

SOUPER SARA'S



INGREDIENTS:

- 2 12oz cans of Kidney Beans
- 2 12 oz. cans of Pinto Beans
- 2 12 oz. cans of white beans (your choice of navy beans, cannellini beans, or another white bean you prefer)
- 1 15 oz. can have diced tomatoes
- 2 medium onions diced
- 11 or more cloves of chopped garlic
- 4 carrots sliced
- 4 celery stalks sliced
- 2 zucchini sliced
- ½ small head of cabbage diced
- 1 lb noodles (I use shells if you are allergic add gluten free noodles)
- ½ cup red wine
- 1 cup water
- 1 tsp pepper
- 1 ½ tsp salt
- 1 tbsp. of Italian herbs or more to taste (I used my Italian her grinder which has rosemary, thyme, oregano, and red pepper)

DIRECTIONS:

Put beans with liquid in processor and liquefy. Dice onions and garlic, put olive oil in bottom of pot and warm. Then add the Onions and garlic until soft. When Onions and Garlic are soft add the wine, and let simmer for a couple of minutes. Add salt, pepper and Italian seasonings. Then add the tomatoes (with their liquid) and beans, simmer until hot. At this time add the carrots and celery until al dente (still firm), then add the zucchini until they aren't crunchy but firm. In a separate pot heat water to boil for the noodles (you can add the noodles to your soup I choose not to so I can reheat without noodles getting soggy) When noodles are about finished add your cabbage to the soup. When noodles are done drain, and add olive oil. Place noodles in a bowl and add your soup on top. We garnish at my house with parmesan!

ENJOY!

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Sara Albini

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