

Minestrone Soup for Guild

1/4 cup oil	3 c. cabbage, finely chppd
3 tsp. minced garlic	5 carrots, thinly sliced in coins
2 c. chppd onion (1 med)	3 zucchini, quarter & slice 1/2"
1 c. chppd celery (2 ribs)	5 tbsp parsley, chppd
2 tbsp Italian seasoning	2 tsp seasoning salt
2 tsp pepper	1 c. brown rice
1 6oz can tomato paste	1 32oz carton unsalted broth*
1 can diced tomatoes	9 cups water
1 15oz can drained kidney beans	2 low sodium chicken bouillon cubes
1 can cut green beans	

*Can be vegetarian or chicken

Prep

Heat oil in dutch oven pot. Add onion, cook a little and then add celery, garlic & parsley & cook until softened & transparent. Add remaining ingredients **EXCEPT**:

Zucchini, kidney beans, green beans, and rice.

Bring pot of soup to a boil & turn down to simmer for about 45 minutes. AFTER this has simmered, add zucchini, kidney beans, green beans & rice. Cook about 1 more hour on simmer.

This soup is best if made the day before you want to use it. You may need to thin it a little with some broth or tomato juice.