

Italian Minestrone – Marcia Haller

Serves 6-8

2 cups navy beans, soaked overnight
10 cups water (or stock)
2 T salt
4 peppercorns
½ cup olive oil
2 cloves garlic, minced
3 medium onions, chopped (about 1 to 1 ½ cups)
4 T parsley, chopped
4 stalks celery, chopped finely
2 cups tomato, chopped or pureed
2 cups cabbage, coarsely chopped
1 medium zucchini, sliced thinly
2 cups cooked macaroni or spaghetti
Grated parmesan cheese
Salt and Pepper to taste

1. Soak navy beans overnight.
2. The following morning, drain beans and put in a large pot with water (or stock) and salt. Cook over low heat for 1 hour or until the beans are tender. Add peppercorns and seasonings to taste.
3. Heat olive oil, and saute garlic, onions, parsley, and celery to a golden brown. Add to cooked beans.
4. Add tomato pulp, cabbage, and additional seasonings, if needed.
5. Cook over low heat to 1 hour. About 15 minutes before soup is finished, add zucchini and pasta.
6. Serve hot, sprinkled with Parmesan cheese. If soup is too thick, add some boiling water.