

MINESTRONE SOUP  
by Aunt Agnes Petrusich

1 Tablespoon olive oil  
1 med. onion, sliced  
2 garlic cloves, minced  
2 carrots, sliced  
2 celery stalks, sliced  
1 - 28 oz. can Italian plum tomatoes (or 1 quart)  
4 Cups GF/CF chicken broth  
1 Tablespoon. chopped fresh parsley (or 1 teaspoon dried)  
2 teaspoon dried Italian herbs (such as 1- tsp. Oregano & 1 - tsp. Basil)  
Salt & Pepper to taste  
2 - 15 oz. cans dark red Kidney beans (she uses only one)  
2 cups shredded cabbage  
1 medium zucchini, sliced  
1/2 cup uncooked GF Quinoa shell pasta or GF corn elbow style pasta

Heat olive oil in a soup pot.  
Add onion, garlic, carrots, & celery.  
Saute until onion is tender.  
Add tomatoes & liquid Break up tomatoes.  
Stir in broth, parsley & herbs. Season to taste with salt & pepper.  
Bring to boil, reduce heat. Cover & simmer 20 minutes.  
Stir in beans & cabbage. Cover & simmer 10 min. longer.  
Add zucchini & macaroni.  
Simmer, uncovered until macaroni is tender, about 10 min.

Makes 6- 2 cup servings.

<http://www.lincolntent.com/GFCF-Soup.html>