

Minestrone

Excellent

6 cup chicken stock (6 cups of water and 6 packets Herb Ox Sodium free instant chicken broth)

1 Tablespoon Olive Oil

1 can 15.5 oz Garbanzo beans

1 Onion finely chopped

1 can 14.5 oz Italian diced tomatoes

1/4 teaspoon cayenne pepper

1 can 15.5 oz kidney beans

1/4 teaspoon dried garlic powder

1 can 12 oz tomato paste

1/2 Tablespoon dried parsley

1 cup GF pasta Quiona shells

1/4 teaspoon pepper 1/2 teaspoon thyme

This can be cooked on the stove top or in the crock pot.

Stove Top Instructions

cook onions and spices in oil, Mix tomato paste and water till paste is well dissolved. Add rest of ingredients except pasta simmer for at least 30 minutes. Add pasta and cook another 7 minutes

Crockpot Instructions

Mix tomato paste and water till paste is well dissolved. Dice onion and add to liquid, don't need to precook in oil, add rest of ingredients except pasta cook on low all day or high for a half day. Add pasta for the last 15 minutes while you set the table and fix any sides.

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