



Italian Style Minestrone Soup

From Claudio 'The Singing Soup Guy' Fracassi

8 to 10 servings

Ingredients:

4 Tbsp Virgin Olive Oil	1 Cup Zucchini Fresh Diced
1 Tbsp Chopped Fresh Garlic	8 Cups Hot Water
2 Cups Onions Medium Diced	½ Cup White Wine
1 Cup Leeks Finely Diced	1 Cup Celery Small Diced
1 Cup Carrots Small Diced	¼ Cup Red Peppers Fresh Chopped
1 ½ Cups Macaroni (Raw or Precooked)	¼ Cup Parmesan Cheese Grated
1 Cup Spinach, Fresh or Frozen Shredded	½ Cup Precooked Bacon Pieces Chopped
1 ½ Tsp. Dried Sweet Basil (or 1 oz. of Pesto)	1/8 Tsp Dried Thyme Leaves
Freshly Ground Black Pepper to Taste	1 ½ Tsp Parsley Flakes
2 Cups Ready Made Tomato Sauce (or Canned Tomatoes)	
2 Cups Potatoes Diced and Peeled (Raw or Precooked)	
4 Cups Assorted Mixed Canned Beans Undrained (2-16 oz. Canned Beans)	
¼ Cup Chicken Soup Base (to taste) or Pork Soup Base	

Method:

1. Melt butter and olive oil in a heavy saucepan. Stir in garlic and sauté one minute stirring frequently.
2. Add onions and leeks, sauté 2 to 3 minutes stirring frequently until caramelized.
3. Add celery, red peppers, carrots and precooked bacon pieces. Sauté and stir 4 to 5 minutes.
4. Add in water, assorted mixed canned beans undrained, wine, chicken soup base (or pork soup base) and mix for richer taste.
5. Stir in tomato sauce (or crushed canned tomatoes), fresh or frozen spinach, potatoes raw or precooked, fresh zucchini, fresh basil or pesto (no pine nuts), thyme, black pepper, parmesan cheese.
6. Heat to a boil, stirring frequently. Boil approximately 10 to 12 minutes. Reduce heat and let simmer on low until ready to serve or until pasta and vegetables are tender.
7. Serve garnished with grated parmesan cheese and chopped fresh Italian parsley or black sliced olives.