

Minestrone Soup

Bring to slow boil

8 cups strong beef stock

2 pinches salt

10 turns from a pepper mill

1/2 cup Italian tomato sauce

1/4 teaspoons dry Oregano

Saute

1 tbsp extra virgin oil

1 cup diced carrot

1 cup diced celery

1-1/3 cup diced zucchini

1 tbsp. fresh minced garlic

1/3 cup diced yellow onion

6 oz. diced beef (stew meat is fine)

Add to the boiling stock, reduce heat & cook for 10 minutes, then add

1/3 cup ditali or your favorite soup noodle

1 cup chopped spinach

Cook for 15 minutes at a simmer.

Serve with grated parmesan and crostini.

Chef's notes: any vegetables may be substituted. Vegetable stock can be used and omit beef for vegetarian soup.

BUON APPETITO
