

# Minestrone Soup

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## Filling Ingredients:

- 2 quarts of canned tomatoes
- 1 1/2 quart water
- 1 large onion, diced
- 3 stalks celery, diced
- 1/4 cup barley
- 3 carrots, diced
- 1 cup fresh okra, sliced
- 2 cups fresh cabbage, chopped
- 1 large potato, diced
- 1 15-ounce can pinto beans
- 1 15-ounc can white northern beans
- 1 15 ounce-can black beans
- 1 Tbsp. McKay's Chicken Style Seasoning
- 1 package Good Seasonings Italian Dressing Mix
- 1 tsp. Italian seasoning
- 1/2 tsp. garlic salt
- 1 tsp. red pepper flakes
- 1/2 cup small pasta of your choice (mini-shells, alphabets, etc.), cooked al dente

## Directions:

In large soup pan, add canned tomatoes, water, onions, celery, and barley. Slow boil till barley is tender, then add remaining ingredients, except for pasta. Simmer slowly till all vegetables are tender and done, approximately two hours. Add cooked pasta and heat thoroughly.

*The beauty about this recipe is that you can add or leave out any vegetable that you wish according to your personal likes or dislikes. It is also a meal in itself because it not only has the vegetables but the beans add protein. Just add a salad and bread and you have a wonderful meal! – Brenda*