

February 2012

We made it through January without much snow in the East, but the colder days always inspire me to put on a big pot of soup, January is National Soup Month!

We still like to have soup and sandwiches or bread for dinner throughout February too. The winter aconite is just in bloom here and the daffodils are peaking their heads up so it won't be long before we can be outside in the warmer weather. Enjoy some soup with us this winter!



Minestrone-Vegetable Soup

- 1 or 2 C. chopped onion
- 1 or 2 C. chopped celery
- 2 to 3 Tbsp. Chopped garlic
- ¼ C. olive oil
- 1 – (46oz.) Can Tomato juice
- 3 – (15oz) cans diced or stewed tomatoes
- 2 – (15 oz) cans beans (white or any combination – white/red/black)
- 8 C. water
- 2 to 4 C. vegetable or chicken stock
- ½ Pkg. Frozen chopped spinach
- 2 Tbsp. Dried Basil
- 2 Tbsp. Fresh chopped parsley
- 3 or 4 sprigs fresh Thyme
- 2 to 3 C. chopped carrots
- 2 to 3 C. chopped peeled potatoes
- 1 C. uncooked pasta (small shells or macaroni)

- Heat oil in 8qt or larger heavy stock pot – add onion, celery and garlic and sauté 10 min.
- Add all the rest of the ingredients EXCEPT the pasta. Bring to a boil, lower heat to simmer and cook 45 min to 1 hr.
- Remove the stems if you used fresh thyme; add the pasta and cook another 15 minutes.
- Serve with fresh bread or rolls. ENJOY!