

Menestrene Soup

1 cup onions
1 cup zucchini
1 cup red peppers
1 cup carrots
1 cup broccoli

} chopped small

1 can chick peas
2 large cans ground tomatoes
1 block frozen spinach - chopped
2 TBS olive oil
1 TBS oregano
1 TBS basil
1 tsp salt
1 tsp pepper
1/4 cup grated cheese

Add olive oil to stockpot cook onions until tender
Add all other vegetables along w ground tomatoes
2 cans of H₂O (H₂O & tomatoes are a 50/50 mix)

Add chick peas & liquid

Add seasonings (oregano, basil, salt, pepper)

Simmer 1 hour or more - Adjust seasoning
- Add grated cheese -

Notes: I often use extra cans of tomatoes - be sure
to balance w equal parts H₂O

• After simmering, to adjust seasoning I repeat
the full amount of dried seasonings -

At this time the soup is ready to serve.

I prepare some sort of pm pasta separately and add just before serving. The unused cooked pasta keeps in fridge.

Feel free to change the vegetable amounts I have added 2 cans of chick peas and other veg. combinations and it always seems to work out great.