

Recipe

Minestrone Soup

By

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There are many versions of this soup. I have adapted this recipe to suite my family. You can alter the veggies as per your liking. A bowl of this soup is a meal in itself especially good for a healthy dinner.

Ingredients

- Diced Celery – ½ cup
- Diced Green Pepper – ½ cup
- Diced Red Pepper – ½ cup
- Sweet Corn – ½ cup
- Green Peas – ½ cup
- Chopped Spinach – 1 cup
- Shredded Cabbage – ½ cup
- Shredded Carrots – ½ cup

- Diced Olives – ½ cup
- Tomatoes – 1 medium sized
- Pasta (elbow or shell) – 1 cup
- Olive Oil – 1-2 tsp
- Italian Seasoning – 2 tsp
- Asafetida – pinch
- Bay leaf – 1
- Black Pepper – ¼ tsp
- Chili flakes – ¼ tsp (optional)
- Salt – to taste
- Sugar – to taste (optional)
- Water(or vegetable stock) – 5 cups

Preparation

1. Heat oil in a large vessel on a medium flame. Add the bay leaf and asafetida. When the bay leaf browns slightly add the Italian seasoning and immediately add the celery and peppers and sauté.
2. Mean while puree the tomato in a blender. Now add the puree and let it cook for some time. After 3-4 minutes fold in the remaining veggies, salt, sugar, black pepper, chili flakes and stir well.
3. Now add the water or vegetable stock and let it boil. Once the water starts boiling add the pasta and cook till done. Turn off the heat, cover the vessel and let it stand for 5 minutes.
4. Serve hot

Serves

2

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Hare Rama Hare Rama Rama Rama Hare Hare**