

Farmer's table vegetable soup

Source : Monique's

Type : Vegetable

Origin :

Category : Soup

Quantity	Measure	Item
		Makes 24 servings
1&1/2	Lb.	sliced onions
1/4	C	Olive oil
9		Carrots peeled and finely diced
3		Celery stalks finely diced
1	Lb.	Shredded cabbage
6		garlic cloves minced
1	TB.	Dry oregano
4	Qts	Chicken broth or vegetable (more or less)
6	Large	tomatoe seeded and chopped (or can)
1	Lb.	Cooked beans(garbanzo or northern or others)
1&1/2	Lb.	Green beans, cut 1/2 inch pieces (frozen)
1&1/2	Lb.	Zucchini, diced (if in season)
1	C	Fresh Basil leaves, chopped
2	TB.	Salt
1	TB.	Pepper
		Variations - Add
2	C	Of smal pasta like orzo, alphabet noodle or egg noodles or rinse rice
3/4	C	Pesto like arrugula or basil pesto

Instructions : Directions:

In a large heavy pot over medium-high heat, warm the olive oil. Add the sliced onions, carrots, celery and shredded cabbagesauté until the vegetables are softened, about 7 minutes. Add the garlic, oregano and cook until fragrant, about 45 seconds. Add the broth, the tomatoes . Increase the heat to high and bring to a boil. Reduce the heat to low, cover partially and simmer to blend the flavors, about 20 minutes.

Add the cooked beans season with salt and pepper (and the pasta or rice if using) into the broth and simmer, stirring occasionally, until the pasta or rice is still slightly firm, about 9 minutes. Add the green beans, the zucchini, fresh basil and cook until tender, about 3 minutes. Add pesto just before serving if using

Staging :

Qty. Period

Description