

Garden Fresh Minestrone Soup

This low fat soup will easily use up extra vegetables from your garden or the market. Vary the vegetables you use with what's available. I like to save half of the recipe in the freezer. That way I can have something precooked and sew right up until dinner time.

2, 19oz, (540ml) cans of red and white kidney beans
7 cups vegetable stock or use stock cubes
2 onions chopped
1 celery stalk chopped
2 carrots chopped
6 cups assorted chopped vegetables like fresh green or yellow beans, zucchini, eggplant, peppers etc.
1, 28oz (796ml) can chopped tomatoes
1, 23oz, (680ml) can spaghetti sauce
1 tablespoon minced garlic
1/2 teaspoon hot red pepper flakes
1 heaping teaspoon each oregano and basil
3/4 cup macaroni if desired
Salt and freshly ground pepper to taste

Place the onion, celery, carrots and other vegetables in the pot along with all the remaining ingredients except for the macaroni. Bring to a boil and turn down to simmer for 2 1/2 hours. Add the macaroni 1/2 hour before serving. Serve with chopped parsley and Parmesan cheese if desired.