

"Angelo's Soup"

INGREDIENTS

1 Tbsp olive oil
1 onion, diced
1 carrot, halved lengthwise and sliced
2 stalks celery, sliced
3 cloves garlic, minced *
2 cups chicken or beef broth
2 cups water
1 can (14-1/2 ounces) diced tomatoes, not drained
1 Tbsp fresh basil, chopped
1/4 tsp oregano
salt and pepper to taste
1 15 oz. can cannellini or white beans, drained and rinsed
1 cup pasta bows (or other small pasta)
Parmesan cheese (optional)
1 small head escarole (optional)**
** 1 bag of spinach
1 chicken breast cut up (optional)

INSTRUCTIONS

Heat the oil in a heavy saucepan over medium heat. Add the onion, carrot and celery, and sauté until tender about 5 minutes. Add the garlic, broth, water, tomatoes, basil, oregano, salt, pepper, and beans.

Bring to a boil, reduce heat and simmer for 10 minutes. If escarole is being used, wash, tear into 2 inch pieces and add to soup 15 minutes before soup is done, or at the same time as the pasta.

Add the pasta bows and cook 10-15 minutes, stirring occasionally until the pasta is cooked and the escarole is tender.

Serve sprinkled with Parmesan cheese.

NOTES: "I put in a lot more than 3 cloves of garlic. I also use spinach instead of escarole. I double the recipe and add in one box of Barilla whole wheat pasta. I also use a lot of basil. Season and add in as much as you like of veggies and enjoy!"