

Minestrone Soup

1 cup each, onion, carrot, celery, diced

2 cloves garlic

1/2 cup fresh parsley -

4 cups chicken stock

2 cups water

1 can navy beans - drained & rinsed

1 cup each potato & zucchini

1 cup savoy cabbage

2 cups diced tomatoes

1 bay leaf

1 tsp each basil & oregano

1 cup whole wheat macaroni

1/2 tea. thyme
pepper

Heat oil and add
onions, carrots, celery & saute!

Add rest of ingredients

6 servings

Grated cheese (opt)