

Nov 104

Minestrone Soup

1 large onion chopped

1 hot chili or jalapeno (optional), seeded & minced

2 large ribs celery sliced

3 carrots

796 ml (28oz) can tomatoes

540 ml (19oz) white kidney beans, drained & rinsed

1.5 l (6 cups) beef broth

1 lb ground beef browned

1 1/2 tsp marjoram

black pepper to taste

- 1 cup uncooked pasta ^{orzo or tiny shells}
- 2 tablesp dried parsley flakes
- 1 tablesp lemon juice
- Hot pepper sauce to taste (opt)
- Grated parmesan or romano cheese for garnish.