

ck a lot of flavour



PHOTOS BY KELVIN HENDERSON / WINNIPEG FREE PRESS

Debbie's vegan minestrone

Olive oil
 Half an onion, diced
 2 stalks celery, diced small
 4-5 medium carrots, sliced
 3 garlic cloves, minced
 2 bay leaves
 1 small unpeeled zucchini, diced
 796 ml (28 oz) can diced tomatoes
 1750 ml (7 cups) water
 540 ml (19 oz) can kidney beans, drained and rinsed
 Pepper and sea salt to taste
 5 ml (1 tsp) dried cilantro
 2 ml (½ tsp) dried basil
 2 ml (½ tsp) dried rosemary leaves
 15 ml (1 tbsp) dried oregano
 Approx. 2 cm (¾-inch) bundle of whole wheat spaghetti, broken in thirds

Wilt onions, celery, carrots, garlic and bay leaves in hot oil. Stir in zucchini. Add tomatoes, water, beans and seasonings. Bring to a boil and then simmer for 45 minutes. Add more water if needed. Bring back to a slow boil and add spaghetti. Cook for an additional 15 to 20 minutes.

Taste Tester Notes: Great flavour in this hearty and healthy soup. I used a generous grinding of pepper and about 5 ml (1 tsp) of sea salt. Instead of using dried cilantro, after the soup was cooked I stirred in a generous handful of coarsely chopped fresh cilantro.

**TASTE
TESTED**

by the Free Press