

Minestrone Soup



Serves

6

Ingredients

- 1-can of Garbanzo Beans
- 1-can of Cannelloni beans
- 1- bunch of organic Swill Chard, chopped
- 1-28oz San Marzano Plum Tomatoes, hand crushed
- 2- 32 oz. low sodium box chicken broth
- 2-tsp.oregano
- 2-tsp Nutmeg
- 3-Celery stalks, mined 1-medium sweet onion, minced
- 3-Garlic cloves, minced
- 2-cups Ditalini pasta
- 2-tsp parmesan reggiano
- 2-sprigs of rosemary
- 2-tsp red papper flakes
- 1-8oz pack of Pancetta ham, diced
- 3-tbs extra virgin olive oil

Preparation Instructions

In a four quart soup pot, add olive oil and pancetta ham. Sauté for a few minutes, then add the onions. Cook until translucent then add the celery. Cook about one minute more then add the minced garlic.

Cook over low heat until all clear. Season with sea salt & black pepper. Add Chicken broth and

crushed tomatoes. Simmer on low for about 15 minutes. Season again. Stir, add herbs and stir again. Add the Ditalini pasta and bring to a slow boil reduce the heat and cook until pasta is al-dente. Add some water if needed. Remove rosemary sprigs.

Add parmesan cheese. Serve in separate bowls with crusty bread & some good Red Wine enjoy.