



## Village Minestrone Soup

**This is our go-to soup on rainy days or to break our fast. It is the perfect comfort food.**

3 carrots, sliced into matchsticks  
2 stalks of celery, sliced  
½ c. of fresh or frozen green beans, sliced into thirds  
1 c. sliced or shredded cabbage  
½ c. tomato paste  
1 tbsp chicken soup mix  
½ c. crushed pasta  
8 c. of water  
1 Tbsp canola or olive oil  
Salt and pepper to taste

Sautee cabbage over medium heat. When cabbage is slightly wilted, add the carrots, celery and green beans and continue to sauté for 4-6 minutes.

Add the water, tomato paste and chicken soup mix. Bring soup to a boil.

Reduce heat to a simmer. Cook soup for one hour. Add crushed pasta and cook for another 20 minutes. Add seasoning.

You may choose to puree this soup with an immersion blender or leave it as is.

Depending on how you like your soup, you may want to add more tomato paste for a thicker soup or more water for a thinner soup.

**Serves 6.**