

Minestrone

2 cups dried garbanzo beans

Soak overnight and cook for 2-3 hours or pressure cook 75 min until tender.

1 head garlic, minced
2 large red or yellow onions, diced
7 stalks celery, diced
1 fennel bulb, diced
1/2 lb. carrots (4-5 carrots)
3/4 cup olive oil

Sauté vegetables until onions are translucent and vegetables are about 1/3 their original size. This takes about 30-40 minutes. Cook on medium low, don't let them burn. Scrape the bottom of the pot often. Then add:

10 cups water
1 cup applesauce
32 oz can crushed tomatoes
1/4 cup red wine (optional)
2 teaspoons dried oregano
2 teaspoons dried basil
1 teaspoon dried marjoram
2 dashes cayenne pepper
1 bay leaf
1/2 teaspoon freshly ground black pepper
1 Tablespoon Better than Bouillon vegetable base
5 teaspoons salt

Bring to boil. Turn heat down until it is just bubbling for ~20-30 minutes. Turn off heat. Add:

The cooked garbanzo beans above
1/2 cup ditalini or other small pasta (uncooked)

The pasta will cook in the heat of the soup. (available at Mom's organic market). If you add the pasta while the soup is still cooking, it will overcook and swell up, so please don't add it until the heat is off. Let sit ~25 minutes or so before serving (the pasta must cook and the soup must cool)

