

## Minestrone Soup

Olive oil

1/2 large onion, diced

1 clove garlic, minced

2 celery stalks, diced, plus leaves

1 large carrot, diced

1 bay leaf

Parsley flakes

1 can Del Monte Diced Tomatoes with basil, garlic & oregano

2 cans reduced sodium chicken broth

1 can Goya small white beans (or Great Northern beans) with juice

1 Tbsp. honey

1/2 cup uncooked small shell or elbow pasta (boil separately then add to soup)

2 small zucchinis

Grated parmesan cheese

In a little olive oil, sauté onion, garlic celery and carrot until soft. Add tomatoes and bay leaf. Add chicken broth and season lightly with parsley flakes. Add the honey. Simmer for 10 minutes. Add the beans with juice. Simmer 10 minutes. Add the cooked pasta and zucchini last and simmer until zucchini is tender. Serve with grated parmesan cheese. Servings: makes 4 bowls or 6 cups.

A delicious non-Lenten addition: Simmer homemade mini-meatballs in this soup.

This recipe can be doubled, tripled, etc.