

## Minestrone Soup

2 Onions  
1 clove Garlic (Optional)  
2 sticks of Celery  
Olive Oil  
2 Tins Tomatoes  
2 Tablespoons Chopped Fresh Parsley or 1 of dried  
2 Bay Leaves  
2 teaspoon dried basil  
1 teaspoon dried Oregano  
½ teaspoon Rosemary  
1 pint jug of any mix of the following: Chopped Carrot, courgettes, broccoli, potato, green beans, green pepper, cabbage, peas, corn, mushrooms  
8oz cooked Beans eg Kidney, chickpea or mixed beans  
4oz broken spaghetti or other small pasta  
4oz cooked Barley or Rice  
Grated Parmesan Cheese (Optional)

Saute onion, garlic & celery in olive oil until soft. Add tomatoes, herbs & salt and pepper if liked. Simmer for 30 mins or so.

Lightly steam the chopped mixed vegetables in another pan.

Add cooked beans, pasta and barley or rice to soup and continue to simmer for 20 mins.

Add the cooked veg and simmer for 10 more minutes. Adjust the thickness by adding water if you wish.

Sprinkle with grated parmesan cheese & serve.