

MINISTRONE SOUP

In a 5 quart pot saute' 3 cups chopped onion & 2 T. minced garlic in 1 tsp. Olive oil until Tender. Add 2 cups chopped carrots (julliene) and 1 cup chopped celery (angle), sauté 3-5 min.

Add 4 cups chopped cabbage (1 inch), 1box of frozen spinach (thawed),1 tsp. Dried thyme and 5 bay leaves. Cook 2 mins., stir constantly.

Add 1 can of Tomato juice or V-8, 1 Lg. Can of stewed tomatoes, 1 16 oz. Chick peas with juice, 1 small can red beans (kidney can be too large) and the following Herbs (fresh is better but not necessary)- 1 cup chopped fresh parsley (1 T. dry), 1 T. minced fresh rosemary (1 t. dry), 2 T. minced fresh sage (1 t. dry), 2 T. chopped oregano (2 t. dry), 2 T. chopped basil (1t. dry). Cook soup until cabbage is tender then add cooked and rinsed small shell noodles (half a box). This recipe is very thick and can be watered down to your liking. Let soup simmer and enjoy the Italian aroma as it fills your house. Your family and guests will especially enjoy this meal served with a small dish of freshly grated parmesan cheese to sprinkle on top. A fresh loaf of Italian bread will completed the setting.

ITALIAN BREAD

2 T. active dry yeast
½ cup warm water
1 T. salt
2 cups lukewarm water
7 to 7½ cups flour

Soften yeast in warm water. Combine salt and lukewarm water; beat in 2 cups flour. Blend in softened yeast; stir in 4 ½ to 5 cups flour. Turn out on lightly floured surface. Knead 10 mins., working in ½ cup flour. Place in greased bowl, turning to grease surface. Cover and rise for 1 hour. Punch down, let rise 45 mins. Turn out on lightly floured surface and divide into 2 portions. Cover and let rest 10 mins. Roll out each portion into 15x12" rectangles. Roll up tightly, beginning at the long side, seal well and taper ends.

Place each loaf with seam down on greased baking sheet sprinkled with cornmeal. With knife gash tops diagonally every 2 ½ ", ¼ " deep. Brush with water, the tops and sides. Cover with damp cloth not touching the loaves. Let rise 1 hour. (During this time you can read the Good Book.) Now it's time to Bake at 375 degrees 20 mins., then brush with water. Bake 20 mins. longer until done. Cool. Makes 2 loaves of the most delicious bread, you'll always want to serve with your Home made Minestrone Soup.