

Minestrone

(from Molly Katzen's *Moosewood Cookbook*)

Note: This recipe calls for cooked pea beans (or garbanzo beans). [*Please use pea beans or cannellini type white beans, since we also serve Gypsy soup which has garbanzo beans*]. For pea beans, you needn't soak them, but give them 1½–2 hours to cook. In either case, if you cook the beans in plenty of water, save the extra water to use as stock for the soup. You'll have a fuller flavored, higher-proteined minestrone.

Since green peppers are expensive this time of year, if you are cooking the beans from scratch, you could add a couple of de-seeded jalapenos while you cook the beans, it adds a rich pepper flavor, and when cooked for 2-3 hours the jalapenos disintegrate and the heat disappears.

3 Tbs olive oil	1½ cups cooked pea beans (¾ cup raw)
1 cup chopped onion	1 tsp basil
4-5 cloves crushed garlic	2 cups tomato puree
1 cup minced celery	3 ½ cups water or stock
1 cup cubed carrot	3 Tbs dry red wine
1 cup cubed eggplant or zucchini	
1 cup chopped green pepper [see note above]	
2 tsp salt	
¼ tsp black pepper	
1 tsp oregano	

½ cup fresh chopped parsley (chop the stems to boil with the soup, mince the leaves for topping)
½ cup dry shell pasta
1 cup fresh chopped tomatoes [or diced canned]
Parmesan cheese (for topping)

In a soup kettle, sauté garlic and onions in olive oil until they are soft and translucent. Add 1 tsp salt, carrot, celery and eggplant (if you use zucchini add it later). Mix well. Add oregano, black pepper and basil, Cover and cook over low heat 5-8 minutes. Add green pepper (if you're using it) stock, tomato puree cooked beans and wine. Cover and simmer 15 minutes. Add diced tomatoes and remaining salt. Keep at lowest heat until 10 minutes before you plan to serve. Then heat the soup to a boil, add pasta, and boil gently until the pasta is al dente. Serve topped with parsley and parmesan.