

# Pasta Fagioli

5 medium carrots, diced  
1 large onion, diced  
4 stalks celery (leaves too), diced  
1 pound bag 15 Bean Soup beans  
1 (14oz) can diced tomatoes, with juice  
12 cups Chicken broth (I use Fat free, low sodium)  
½ cup mini bowtie pasta, or other small dried pasta—I really like the looks of the soup with the baby bowties  
2 tablespoons dried parsley  
1 teaspoon dried rosemary  
1 teaspoon dried oregano  
1 teaspoon dried basil  
½ teaspoon dried thyme  
¼ teaspoon dried marjoram  
½ - 1 teaspoon ground black pepper  
1 tablespoon olive oil

In 5 quart Dutch oven or stockpot, sauté the onion, carrots and celery in the olive oil for 5 minutes. Add the tomatoes, broth, and all herbs and spices except the black pepper. Stir in the beans. Cook, covered at a low simmer for about 1 ½ hours or until beans are tender but not mushy. Stir in black pepper and pasta and cook another 10 to 15 minutes or until pasta is tender.

NOTE!!!! If you are making this very early in the day or the day before, do not cook for the last 10-15 minutes as stated. I just cook about 5 minutes at the most and turn off heat so that pasta will not get mushy.

## Menu Suggestions:

Mixed green salad with balsamic vinaigrette  
Crusty bread

Wine: Pinot Grigio or Pinot Gris (White)  
Zinfandel (Red)

# Cabbage Beef

1 pound lean ground beef  
½ teaspoon garlic salt  
¼ teaspoon garlic powder  
¼ teaspoon black pepper  
½ medium head cabbage, chopped  
1 can dark red kidney beans, undrained  
2 celery stalks, chopped - ½ inch size  
1 can (28 ounce) chopped tomatoes  
1 can beef broth  
Chopped fresh parsley

In a 5 qt. stock pot, brown beef. Add all remaining ingredients except parsley; bring to a boil. Reduce heat and simmer, cover for 1 hour. Garnish with parsley. Yields 3 qts.

Freezes well.

