

POPPA EUGENE'S HEARTY MINESTRONE

Ingredients

1 large onion, chopped
5 cloves garlic, minced
1 zucchini chopped in ½" slices
4-5 scallions, chopped
1 large red pepper, chopped
4-5 stalks celery, sliced diagonally
4-5 parsnips, peeled, sliced lengthwise, then chopped
3-4 medium sized carrots, peeled, sliced lengthwise & then chopped
3-4 large potatoes, cubed
2 28-oz cans diced tomatoes
1 handful fresh parsley, chopped finely
2 handfuls fresh dill

3-4 Tbsp vegetable soup mix
(I use Osem brand)
1/3 cabbage cut in strips
(1" x 2")
2-3 bay leaves
1-2 Tbsp dried basil
Salt & Pepper, to taste
2-3 Tbsp Olive oil
5-6 c. boiling water

Method

- Add olive oil to large stockpot
- Sauté onion, scallions, garlic, peppers, zucchini & celery
- When onion begins to soften, add canned tomatoes
- Add carrots, parsnips & potatoes
- Dissolve soup mix in boiling water & add all to pot
- Add seasonings, parsley & dill
- Add cabbage
- Bring to a boil. Cover
- Reduce heat to medium and allow to simmer about 1 hour (stirring occasionally) until vegetables are tender.