

## Carol Michelson MAIN DISH MINESTRONE

Yield: 6 to 8 servings

A flavorful soup, made mostly from ingredients that are already on the kitchen shelf. Serve with fresh, crusty bread for a hearty meal.

1 tbs olive oil  
½ pound sweet Italian sausage, crumbled  
1 large onion, chopped  
1 garlic clove, minced  
½ cup chopped celery  
½ cup chopped carrot  
½ cup chopped green bell pepper  
1 can (16 oz) whole tomatoes  
4 cups chicken stock or broth  
2 cups shredded cabbage  
2 tbs chopped fresh parsley  
½ tsp dried basil  
Pinch dried thyme  
½ cup uncooked Ancini de Pepe (or elbow macaroni)  
1 cup kidney beans  
Fresh grated Parmesan cheese (Optional)

In a large sauce pan or stock pot heat oil and add the sausage and cook until browned. Drain off all but 1 tbs of the fat. Add the onion, garlic, celery, carrot, and green pepper and saute until the vegetables are soft, about 5 minutes. Add the tomatoes with their liquid, chicken stock, cabbage, and herbs. Bring to a boil, cover and simmer for 30 minutes. Add the macaroni and beans and cook until the pasta is tender. Sprinkle each serving with Parmesan cheese, if desired.