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**MINESTRONE SOUP**

**Ingredients:**

* ​2 Tbs. olive oil
* 1 large onion, finely chopped
* 2 cloves of garlic, finely chopped
* 2 medium carrots, diced
* 2 medium celery, diced
* handful celery leaves, chopped
* 2 medium potatoes, peeled and diced
* 1 small can diced tomatoes
* approximately 8 cups of purified water
* 3 organic vegetable bouillon cubes or 2 Tbs. organic vegetable concentrate
* 1 small can tomato sauce
* 2 bay leaves
* 1 Tbs. Italian herb seasoning
* 2 cups chickpeas
* 1 cup frozen peas
* 2 Tbs. chopped fresh parsley or 1 Tbs. dried
* sea salt and pepper to taste

**Method:**

1. ​Heat the olive oil in a large soup pot on 4 (medium low).
2. Add the onions and sauté for about 8 minutes until translucent. Stirring occasionally.
3. Add garlic and continue to sauté until both are golden.
4. Add carrots, celery, celery leaves, and potatoes and just enough purified water to cover.
5. Stir in bouillon, tomatoes, tomato sauce, bay leaves, and Italian seasoning.
6. Bring to a rapid simmer, then lower heat and cover.  Let simmer for about 30 minutes until vegetables are soft.
7. Add chickpeas, peas and parsley.  Add the remaining purified water and let it come to a rapid simmer.
8. Reduce heat to low add sea salt and pepper and cover.  Let simmer on low heat for an additional 20 minutes until flavors develop.
9. Check seasoning, discard bay leaves and serve.
10. Note:  This soup freezes well so it's great to make a big pot on a Sunday and freeze in portions to take out for meals during the week.