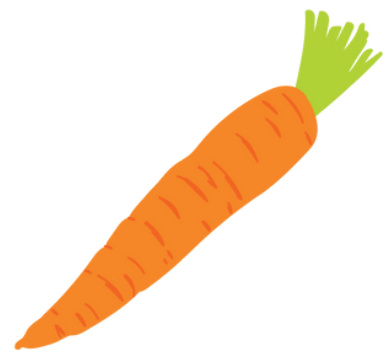
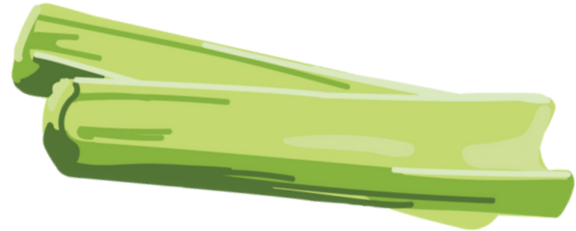


Garden Vegetable Soup

Serves 6

Ingredients:

- 2 Tablespoons olive oil
- 1 onion, diced small
- 3 carrots, diced small
- 3 celery stalks, diced small
- 4 cloves garlic, minced
- 8 ounces mushrooms, diced small
- 2 bell peppers, any color, diced small
- 1 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon each oregano and basil OR 2 teaspoons Italian seasoning
- 1/2 teaspoon red pepper flakes
- 1/2 bag frozen spinach (8 to 10 ounces)
- 2 - 15-ounce can white beans, drained and rinsed
- 1 - 15-ounce can diced tomatoes
- 1 - 28-ounce can crushed tomatoes
- 28 ounces water (refill can)
- 1/2 pound (2 cups dry) small elbow macaroni
- 2 Tablespoons apple cider vinegar



Instructions

1. Heat oil in a skillet over medium-high heat. Add onions, carrots, and celery and sauté for 5 minutes, until the vegetable begin to soften slightly.
2. Add the garlic and stir for about 30 seconds more.
3. Stir in the mushrooms and peppers and sauté for 5 minutes.
4. Sprinkle in the salt, pepper, basil, oregano, and red pepper flakes and stir to combine with the vegetables.
5. Add the spinach and stir for 2 minutes, just until it begins to thaw.
6. Add the beans, tomatoes, water, macaroni, and apple cider vinegar. Stir to combine all of the ingredients.
7. Bring the liquid to a boil, then reduce the heat to medium-low, cover the skillet, and simmer for 10 to 12 minutes, (stirring once or twice to prevent sticking), until the pasta is cooked to desired consistency.
8. Enjoy hot or refrigerate leftovers in an airtight container for up to one week, or freeze and reheat.