

Tuscan Tomato Bean Soup *Serves 4-5*

- 4 cups water, chicken, beef or vegetable stock
- 2 tbsp vegetable oil
- Onion, chopped fine
- 1 tbsp garlic, minced
- Celery stalk, chopped
- Carrot, chopped
- 1 medium can white or red kidney beans, rinsed and drained
- 1 large can diced tomatoes
- 2/3 cup small pasta (shells or macaroni)
- Pepper and salt to taste
- Oregano, parsley and basil are optional spices

1. Bring water to a boil and cook pasta until near done. In another pan add the oil and cook onion and garlic until both are softened. Add the celery and carrot and cook until soft. Season with pepper.
2. Add beans and the can of tomatoes including tomato water from can. Simmer mixture stirring occasionally, for 5 minutes.
3. Drain pasta and place back into pot. Season to taste with additional spices and serve.

Goes great with a slice of bread or 4-6 small crackers!