

# Italian Minestrone Soup

written by The Recipe Exchange | September 14, 2020

## **Ingredients**

1 cup minced onion  
1 cup minced celery  
1 cup minced carrot  
1/4 cup butter OR margarine  
48 oz. can tomato juice  
6 cups water  
1/2 cup garbanzo beans  
1/2 cup kidney beans  
1/2 cup dried split peas  
1/2 cup dried lentils  
3/4 cup sliced carrots  
3/4 cup chopped onion  
3/4 cup sliced celery  
3/4 cup chopped bell pepper  
1/2 cup rice OR barley  
2 Tbsp. minced fresh parsley  
1 tsp. dried oregano  
1 tsp. dried basil  
2 tsp. soy sauce  
black pepper – to taste  
1 cup shell macaroni – un-cooked  
Parmesan cheese – to top

## **Directions**

In a large pot, sauté onion, celery, and carrot in butter until browned. Add tomato juice, water, garbanzo beans, kidney beans, dried peas, and lentils; bring to a boil. Simmer over low heat for 2 – 2 1/2 hours, until everything is tender. Add remaining ingredients, except cheese and pepper; simmer for 40 minutes. Season with pepper, add the macaroni, and simmer for 20 minutes. Ladle into bowls and sprinkle with Parmesan cheese.