

Karen's "Minestrone" (make about 4 quarts, and keeps in fridge or freezes fine)

In large soup pot, bring to boil:

3 quarts of water

3 bouillon cubes (1 chicken flavor, 2 veggie) (I use gluten free, vegan because I like the flavor...)

Sauté 1 chopped onion with 3 minced cloves of garlic, until clear. Add to soup pot.

In same pan, sauté about half a stalk of chopped celery. Add to soup pot.

In same pan, sauté 20 or so turkey meatballs until browned. Add to soup pot.

Add 3-4 sliced carrots, $\frac{3}{4}$ c. peas, 1 large can chopped tomatoes in tomato juice, 1 small can kidney or white beans, and a double handful of spinach large chopped to soup pot.

Rub 2-3 Tbs. Italian seasonings between palms into soup pot

When carrots are cooked, add about 1-1½ noodles (mini farfalle or spirals etc. are perfect). Continue cooking until noodles are done. Turn off and reheat if needed before serving.

Prep time about 20 minutes, though I start water then chop as I go..., and total cooking time about an hour. You can also do everything but the noodles, and add them after you have reheated to boiling and cook about 10 minutes.