



FAMILY RECIPES

The recipes in this collection are handed down from generation to generation. In almost every case, these recipes were taken from hand-written notes. Whenever it was evident that the recipe was not original, the source is mentioned. Similarities to other's recipes is purely coincidental.

SOUPS•SALADS | Lou's Minestrone Soup

3 cups mixed dried beans ($\frac{1}{2}$ cup each great northern, lima, red, pinto, pink, garbanzo)
 $\frac{1}{2}$ cup olive oil
 $\frac{3}{4}$ cup finely chopped onion
2 cloves garlic, minced
 $1\frac{1}{2}$ cups chopped celery and leaves
2 can (1 pound each) tomatoes, quartered
Salt
2 cups shredded cabbage
2 cups finely sliced zucchini
 $\frac{1}{4}$ cup chopped parsley
 $\frac{1}{2}$ t pepper

Wash and drain beans
Put in large heavy kettle with 3 quarts water
Bring to boil and boil for 2 minutes
Remove from heat, cover and let stand 1 hour
Bring to boil, cover and simmer $1\frac{1}{2}$ hours or until tender
Put oil in skillet, add onion, garlic and celery and sauté about 10 minutes (do not brown)
Add to beans with tomatoes and 4 t salt
Cover and simmer about 45 minutes
Add cabbage, zucchini and parsley and a little more water, if necessary to make a thick soup
Simmer 20 minutes or until vegetables are tender
Add the pepper and more salt, if needed
Serve with Italian bread
Makes 5 quarts
Always better the next day

Note: As with many recipes, this soup tastes better if you don't exactly measure everything . Use more of what you like best.