



## Stone Soup Recipe

- 2 tablespoons extra-virgin olive oil
- 1 large onion, diced
- 4 cloves garlic, minced
- 2 stalks celery, diced
- 1 large carrot, diced
- 1 small can tomato paste
- 1 teaspoon dried oregano
- ½ cup fresh flat leaf parsley, rough chopped
- 1 teaspoon fresh thyme
- 1 ½ cups green beans, trimmed and cut into 1/2-inch pieces
- 1 medium zucchini, cut into coins and quartered
- 4 stalks of kale, stems removed, coarsely chopped
- 3 medium tomatoes, diced
- 6 cups homemade veggie stock
- 1 15oz can of red beans, drained and rinsed
- 1 cup elbow pasta
- 1 medium sized stone, washed well ☺

### Directions

Heat the olive oil in a large pot over medium-high heat. Add the onion and cook until translucent, about 4 minutes. Add the garlic and cook 30 seconds. Add the celery, carrot and cook until they begin to soften, about 5 minutes. Add tomato paste, stir to distribute and coat vegetables. Stir in green beans, oregano, parsley, thyme and salt. Cook 3 more minutes. Add the diced tomatoes and the veggie stock to the pot and bring to a boil. Reduce the heat to medium low and simmer 10 minutes. Stir in the beans and pasta and cook until the pasta and vegetables are tender, about 10 minutes. Season with salt & pepper. Top with grated cheese or your favorite condiment.

