



DESCRIPTION

Got leftovers? Well Carrie has the scoop on what to do with last night's extra veggies and pasta. It's time to make a lunchtime soup with her favorite cooking crew...the A-TV kids!

INGREDIENTS

- one package frozen organic corn
- one package frozen peas
- sauteed green beans (about a cup)
- 1 medium chopped zucchini
- 1 can black, navy or cannellini beans
- 1 cup chopped onion
- 1 celery stalk chopped
- 1 28 oz can of diced tomatoes
- 2 cups cooked star pasta
- 1 tsp dried thyme
- 1/2 tsp dried sage
- 3 cups natural vegetable or chicken stock
- 4 tbsp freshly grated Parmesan cheese

TOOLS

- soup pot
- sauté pan
- knives
- wooden spoon
- ladle

DIRECTIONS

1. Start by sautéing one small chopped onion and 2 cloves of minced garlic in 2 tablespoons of olive oil.
2. Now add your celery and your zucchini and let them sauté until they are soft.
3. Add your green beans, and your frozen veggies.
4. Add your can of beans and your 3 cups of stock.
5. Add your herbs. 1 tsp dried thyme, 1/2 tsp dried sage, and salt and pepper to taste.
6. Put the lid on your soup pot and let your ingredients simmer for 15 minutes. While the soup is cooking, if you have a loaf of crusty bread in your pantry...slice it up to eat with your soup.
7. When you have your soup, grate some fresh parmesan on top of your soup.