

The Fresh Veggie Series

Vine & Fig Educational Outreach Program

This Week's Produce Items:

Kale, onion, garlic, green pepper

This week:

Easy Veggie, Pasta & Bean Soup

Ingredients:

- A few vegetables like:
 - Carrots
 - Celery
 - Onion
 - Tomato
 - Pepper
 - Zucchini
 - Kale
 - Garlic
- 2 tablespoons of oil
- 6 cups of broth (chicken, beef or vegetables) or water
- 1 can of beans (drained)
- 1 cup of pasta
- Salt and pepper to taste
- Optional: chopped oregano, cilantro or parsley

Instructions:

1. Chop vegetables
2. Heat oil in a pot. Add vegetables and cook to brown a little.
3. Add broth or water. Heat to boil.
4. Add a can of beans and a cup of pasta.
5. Add salt and pepper to taste.
6. Once the soup boils again, lower the heat and continue cooking (simmering boil) for as many minutes as your pasta needs (see pasta package). It's usually 5 minutes for small pasta (like pastina or orzo) and 10 minutes for larger pasta (like bowties).
7. Add finely chopped herbs. Serve hot and enjoy!



vinefigeducation.org/recipes



Radical Roots
COMMUNITY FARM