

Hearty Minestrone

- 2 pounds chuck roast or ground beef or bison
- 1 teaspoon salt
- 4 quarts water
- 1 cup diced celery
- 1 onion, diced
- 1 carrot, peeled and sliced
- 3 tomatoes, peeled and chopped
- 2 Tablespoons minced fresh parsley
- 1 6ounce can of tomato paste
- 1 tablespoon salt
- 1 teaspoon dried oregano
- ½ teaspoon dried basil
- 1 16 ounce can dark red kidney beans
- 1 15-ounce can garbanzo beans
- 1 16-ounce can baked beans
- 1 10-ounce package frozen chopped spinach, thawed
- 3 small zucchini, sliced
- 1 pound Italian sweet sausage, sliced
- 1 8 ounce package kluski homemade style noodles.

Garnish with freshly grated Parmesan cheese

In large kettle, combine chuck roast, 1 teaspoon salt and 4 quarts water. Cover and simmer for 3 hours or until beef is tender. Remove meat from kettle and set aside. Remove fat from broth by letting kettle cool in refrigerator and then lifting hardened fat off the top and discarding. Break meat into 1 inch pieces and combine with broth in a very large stock pot. Stir in celery, onion, carrot, tomatoes, parsley, tomato paste, 1 tablespoon salt, oregano, basil, kidney beans with liquid, garbanzo beans with liquid, baked beans, spinach, zucchini and sliced sausage. Simmer, covered until vegetables and sausage are tender, about 1 hour. Soup may be frozen at this point.

To serve, cook noodles according to package instructions. Rinse, drain and add to hot soup. Sprinkle each serving with Parmesan cheese. Italian bread sticks complement this soup.

This recipe makes 8 quarts of soup. The recipe can be halved, but because of the preparation time involved, it is well worth the effort to make the larger amount and freeze the rest...if there is any left!

Compliments of Lori Hedlund, Green Fields Bison Ranch, Dallas, OR Vendor

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