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**COMPLIANT MINESTRONE SOUP**

**Ingredients:**

* 1 large onion, finely chopped
* 2 cloves of garlic, finely chopped
* 2 medium carrots, diced
* 2 medium celery, diced
* handful celery leaves, chopped
* 2 medium potatoes, peeled and diced
* 1 small can diced tomatoes
* approximately 8 cups of filtered water or no sodium soup broth
* 1 small can tomato sauce
* 2 bay leaves
* 2 Tbs. Italian herb seasoning
* 1 Tbs. no salt seasoning
* 2 cups cooked chickpeas (or 1 can drained and rinsed)
* 1 cup frozen peas
* 2 Tbs. chopped fresh parsley or 1 Tbs. dried

**Method:**

1. ​Heat a little water or broth in a large soup pot on 4 (medium low).
2. Add the onions and sauté for about 8 minutes until translucent. Stirring occasionally.
3. Add garlic and continue to sauté until both are golden.
4. Add carrots, celery, celery leaves, and potatoes and just enough water or broth to cover.
5. Stir in tomatoes, tomato sauce, bay leaves, Italian seasoning and no salt seasoning.
6. Bring to a rapid simmer, then lower heat and cover.  Let simmer for about 30 minutes until vegetables are soft.
7. Add chickpeas, peas and parsley.  Add the remaining broth or water and let it come to a rapid simmer.
8. Reduce heat and let simmer on low heat for an additional 20 minutes until flavors develop.
9. Check seasoning, discard bay leaves and serve.

Note:  This soup freezes well so it's great to make a big pot on a Sunday and freeze in portions to take out for meals during the week.