



Photo by Marco Verch

This is a rich soup and makes a hearty meal when served with warm buns or bread topped with butter.

Ingredients

- 6 garlic cloves, crushed
- 2 cups (500 mL) chopped onion
- 1 cup (250 mL) sliced celery
- 4 Tbsp (60 mL) extra virgin olive oil
- 2 cups (500 mL) sliced carrots
- 1 cup (250 mL) chopped red pepper
- Sea salt or mineralized salt to taste
- ¼ cup (60 mL) finely chopped cilantro
- 2 bay leaves
- 2 tsp (10 mL) fresh oregano

- 2 tsp (10 mL) fresh basil
- 4 cups (1 L) vegetable stock or use non-hydrolyzed vegetable boullion cubes with water
- 1 ½ cups [of cooked garbanzo or pinto beans](#)
- 2 cups (500 mL) tomato purée
- 1 ½ cups (375 mL) chopped fresh tomatoes
- ¼ cup (60 mL) dry red wine
- ½ cup (125 mL) dry whole wheat pasta, cooked firm and set aside
- ½ cup (125 mL) EFA-rich oil such as organic hemp, flax, or extra virgin olive oil
- Freshly grated parmesan cheese, for garnish
- Freshly ground coarse black pepper, for garnish
- 1 cup (250 mL) finely chopped parsley, for garnish

Instructions

1. Fizzle garlic, onions, and celery in olive oil in a large, heavy-bottomed soup pot.
2. Add carrots, red peppers, salt, and fresh herbs.
3. Cover and simmer for 5 minutes.
4. Add stock, beans, tomato purée, tomatoes, and red wine.
5. Cover and simmer on low heat for 20 minutes. Remove bay leaves.
6. Add pasta, cook until tender.
7. Remove from heat, stir in EFA-rich oil, and top with freshly grated Parmesan cheese, black pepper, and parsley.

Makes 8 servings.