

at the foot of the cross

A Lenten journey from Family Rosary

As you and your family journey through Lent, we offer a few recipes to help you abstain from meat. May the sacrifice of meatless meals, guide your family to grow in holiness together.

30-Minute Minestrone

Instructions:

4 medium carrots, chopped

2 cups chopped cabbage

2 celery ribs, thinly sliced

1 large onion, chopped

2 garlic cloves, minced

1 tablespoon olive oil or butter

6 cups water

28-oz. can diced tomatoes, undrained

6 beef bouillon cubes

2 cups torn, fresh spinach

1-1/3 cups cooked elbow macaroni

1/2 teaspoon ground black pepper

**Makes 10 servings.*

Directions:

In large pot or kettle, sauté carrots, cabbage, celery, onion, and garlic in butter or oil for 5 minutes. Add water, tomatoes, and bouillon; bring to a boil. Reduce heat and simmer, uncovered, for 20-25 minutes or until vegetables are tender. Stir in spinach, macaroni, and pepper. Heat through.

Note from the contributor, Carolyn Astfalk:

This simple, healthy soup is the first soup I learned to prepare as a new wife more than twenty years ago. I think because my mom typically made her own stock for soups, I mistakenly thought soup was a massive culinary undertaking and avoided it for years. Enter this easy recipe I found in a cooking magazine. Simple, quick, and delicious, I continue to serve this to our family. On its own, it's not very filling, but it pairs well with fresh bread and butter or a salad. For a flavor and protein boost, sprinkle with Parmesan cheese before serving.

