

(From The Classic Italian CookBook, Marcella Hazan)

Similar to Martin's "Pappa's" Minestrone cookfile#159 1/29/99 except no garlic, and with potato (not pasta).

Prepare large 7-8qt casserole. Preheat with 4T olive oil.

(Add more olive oil later as needed, or to taste).

Slice thin 1c yellow onion, saute medium/high heat till half-done (2-3 mins).

Add 1 to 1-1/2c thin sliced carrots. Lower heat to medium. Stir. Cover.

Continue sauteeing, adding 2c diced celery after 2-3 mins. Stir. Cover.

Add 2c 1-inch cut green beans after 2-3 mins. Stir. Cover.

(Optional) Add 1-2c sliced zucchini after 2-3 mins. Stir. Cover.

Add 2c diced white boiling potato with skin. Stir. Cover.

Add 3c thin sliced cabbage. Stir. Cover.

When cabbage is wilted and other vegetables are no longer hard,

Add 1 to 4c sliced canned Italian plum tomatoes with juice.

Note: Tomato quantity depends on taste desired. Just 1c results in a thin, herbal character. An entire can 4c makes for a heartier, more pronounced tart, tomato taste.

Add 8c cups boiling weak beef both (8c water, 4c equivalent beef bouillion). Use only Knorr brand, the only one left on the market with any flavor.

Deglaze pot. Cover, bring to boil, then lower to simmer 10-15 mins.

Taste and adjust for flavor and broth volume (more water, more bouillion.)

Add fresh black pepper to taste.

Serve in bowls, adding generous quantity of fresh grated Romano cheese to each portion.

Serve with crusty Italian bread, red wine.

Better the next day. Keeps a week in the fridge. Freezes well. Feb '09.

Technique: It's not necessary to prepare vegetables in advance!

Prepare each vegetable as the one before is cooking. If you get behind, just reduce heat to avoid overcooking.

This recipe is the classic mix of vegetables. Vary proportions according to availability or taste. Make additions with care or not at all. Recipe results in about 8c mixed vegetables plus 3c cabbage.