**Minestrone**

**Ingredients:**

2 Tbsp. oil

2 cloves of garlic minced

1 onion medium diced

1 carrot medium diced

3 ribs celery medium diced

1 can cannellini beans

2 cups chopped tomatoes

2 Tbsp. chicken base

4 cups water

1 tsp. parsley flakes

½ tsp. 6 pepper blend

1 tsp. oregano

Salt and pepper to taste

1 cup ditalini pasta

**INSTRUCTIONS**

**Day 1:**

1. Cut all of the vegetables like chef’s demo.
2. Put them in containers, wrap, label, and put in the cooler with this recipe and your group assignments.

**Day2:**

1. Bring a large pot of salted water to a boil.
2. Gather all of the rest of your ingredients.
3. Cook the pasta until it is fully cooked.
4. Drain and put into a container.
5. Wrap and put all ingredients back in the cooler.

**Day 3:**

1. In a large pot, sauté the garlic and onions in oil for about 7 minutes. You want the onions to start to turn slightly brown.
2. Add the celery and carrots and cook for another 7-8 minutes until they begin to soften.
3. Add the beans and tomatoes and bring to a simmer.
4. Stir in the water, chicken base, and spices. Bring to a simmer and stir until the chicken base dissolves.
5. Add the cooked pasta.
6. Adjust seasonings to taste.
7. Enjoy.