

1/2 cup elbow macaroni, shells, etc

2 tablespoons safflower oil

1 med onion, chopped

1 clove garlic, minced

green bell pepper, chopped

3 cups vegetable stock

1 6 ounces can tomato paste (2/3 cup)

1 15 ounce ca chick peas, drained

1 16 ounce ca kidney beans, drained \*

3/4 teaspoon black pepper

1/2 teaspoon summer savory

1/2 teaspoon thyme leaves

1 dash cayenne pepper

GARNISH: grated Parmesan cheese, optional.

Cook pasta in boiling water for about 6 minutes, until al dente. While pasta is cooking, in Dutch oven or 4-5 qt saucepan, heat oil. Stir in onion, garlic, and green pepper. Saute till tender. Stir in remaining ingredients except macaroni. Cover and cook for 10 minutes. When pasta is done, drain well. Stir into other ingredients. Heat. Garnish if desired. Variations: - substitute or add other vegetables such as chopped sweet red shredded carrot to sauteed veggies; substitute 1 t basil and 1 t oregano for savory, thyme, and cayenne pepper.