**Minestrone Soup**

**Ingredients**1 1/2 teaspoons extra virgin olive oil1 teaspoon minced garlic1/3 cup diced onion1/3 cup diced carrots1/3 cup diced celery1/4 cup diced red or yellow bell pepper1/2 teaspoon finely chopped fresh oregano3/4 teaspoon finely chopped fresh basil1/4 teaspoon freshly ground black pepper1/2 teaspoon sea salt1 1/2 cups peeled and diced tomatoes1/2 cup shredded cabbage3 cups vegetable stock1/4 cup drained and rinsed red kidney beans1/4 cup drained and rinsed garbanzo beans2 teaspoons chopped chives

**Instructions**

1.  In a large saucepan, heat olive oil with garlic and onions and sauté over medium heat until onions are translucent.2.  Add carrots, celery, peppers, herbs and spices and continue to sauté for 5 minutes.3.  Add tomatoes, cabbage and stock and bring to a boil. Stir in the cooked beans and continue to simmer over low heat for 15 minutes or until vegetables are soft.

**Serving Information**Makes 8 (3/4-cup) servings, each containing approximately:75 calories,15 gm. carbohydrates,1 gm. fat,0 mg. cholesterol.3 gm. protein, 362 mg. sodium,3 gm. fiber