



Minestrone Soup

A winner with company! This is one of our favorite soups to put in the crock pot, and everyone enjoys it. If you'd like, you can cook some small pasta and serve it on the side for non-SCDers to add to their bowls.

Serves 8-10

3 Tbs. real butter
1 1/2 pounds stew beef, cut into cubes
4 c. water
1 large onion, chopped
4 large tomatoes, chopped
6 stalks celery, chopped
2 c. cabbage, shredded
1 1/2 c. zucchini, quartered and sliced
2 c. carrots, sliced
2 c. navy beans, soaked overnight, drained*
3 Tbs. dried parsley flakes, crushed
1 tsp. dried thyme, crushed
1 tsp. dried basil, crushed
2-3 tsp. salt
1/2 tsp. pepper
legal tomato juice, to fill pot (we use Campbell's)

Place soaked and drained navy beans in a large saucepan and cover them with water. Bring to a boil and allow beans to boil for 10 to 15 minutes. Drain and use as directed.

Meanwhile, slowly brown beef in butter and chop vegetables. Place beef with all the drippings and browned bits in a large slow cooker, along with beans, vegetables and spices. Pour in tomato juice to almost fill pot. Cook for 8 to 10 hours on LOW or 5 to 6 hours on HIGH.

*Introduce navy beans after being on the diet for a few months and after symptoms have subsided.