

Super Soup (vegetarian)

Anthony Prumo

Ingredients:

Onion: 1 red, 1 yellow, 1 white

½ Head of Celery

1 lb Carrots

1 lb - 1.5 lbs Mushrooms

1.5 - 2 lb Peppers (all colors)

3+ Zucchini

1+ lb Spinach

1+ lb Tomatoes

Plus

2 cans of diced tomatoes and green chilies

1 can each White Beans, Black Beans, Red Beans

Salt (prefer Sicilian Sea Salt)

Garam Masala

Turmeric

Garlic close to a whole bulb

Olive oil

Juice of a half or whole lemon

If you wish a dusting of ancho chille

Start:

Mince Garlic

Onion chopped finely

Vegetables cut to fit in small mouth

Beans rinsed

Add to a very big pot

Heat Olive oil on low heat, add minced garlic 30-40 seconds until garlic expresses itself.

Add onions stir, raise heat to medium.

Add the rest of vegetables (celery, mushrooms, carrots, zucchini, spinach and fresh tomatoes) stirring with each addition.

Cover and simmer.

Add canned tomatoes. Simmer a little more.

Add beans be sure they are well rinsed.

Again, stir with each new entry.

Add spices to taste.

Bring to a boil with lid off.

The more you boil the thicker the soup will be

Was served at Soup Contest with a baguette and a glass of Nero
D'avola