

VEGETABLE MINESTRONE

Serves 6

1 cup carrots, sliced
1 cup celery, chopped
3 garlic cloves, sliced
1 cup onions, sliced
3 cups fresh tomatoes, chopped
2 cups yams, cubed
1 cup frozen peas
1 cup spelt
6 cups water
Olive oil (extra virgin, first cold pressed, and organic)
Celtic sea salt and pepper
Parsley and basil
Parmesan cheese (optional)

Put the onions, garlic and olive oil in a big heavy pot. Sauté on low heat for 2 minutes. Add carrots, celery, and yams and let it sauté together until the onions are golden.

At this point add 6 cups of water, salt and pepper and the tomatoes. Bring it to a boil and then add the spelt, simmer, covered, for 40 minutes and then add the peas and let it cook for 20 minutes longer.

Stir in the finely chopped fresh basil and parsley, mix well, remove from heat and serve in warm bowls. Serve with Parmesan cheese if desired.