

Mom's Vegetable Soup – Minestrone Style

Louise Strub was kind enough to pass this recipe along to me. Sounds like she makes it quite often.

2 tbsp. salad oil
2 pounds stew beef cut into 1 inch squares
1 c. chopped celery
 $\frac{3}{4}$ c. chopped onion
2 tbsp. chopped parsley
1 clove garlic, minced
6 c. water
2 c. (8 oz.) tomato sauce with cheese
1 tbsp. salt
1 tsp. Accent
 $\frac{1}{4}$ tsp. pepper
 $\frac{1}{2}$ tsp. oregano
1 c. broken spaghetti
1 $\frac{1}{2}$ c. slice zucchini or 2-3 small squash
1 pkg. frozen peas partially thawed
(Sliced tomatoes and carrots may be added if desired).

Brown meat in hot oil in large heavy pan. Push meat to side; put celery, onion, parsley, and garlic into fat and cook until tender, stirring occasionally. Add water and next five ingredients. Stir to mix. Bring to boiling, reduce heat and simmer covered until meat is tender, about 2 hours.

Mix in spaghetti, simmer uncovered for 10 minutes. Stir in zucchini and peas, simmer for 10 minutes or until vegetables are tender.

Sprinkle Parmesan cheese over each serving.

Makes 10 to 12 servings.