



Spicy Tomato Soup

- 3 T olive oil
- 2 carrots, peeled and chopped
- 1 small onion, chopped
- 1 clove garlic, minced
- 1-26 ounce jar Marinara Sauce (I buy Paul Newman's and just a sidenote: they no longer donate to Planned Parenthood)
- 2-14 ounce cans of chicken or veggie broth
- 1-15 ounce can Cannellini beans, drained and rinsed
- 1/2 tsp red pepper flakes (more for more punch)
- 1/2 cup Pastina pasta (or any teeny pasta)
- 1/2 tsp salt
- 1/2 tsp coarse black pepper

In a large soup pot, warm the oil on medium-high heat. Add the carrots, onion and garlic and saute until soft, 2-3 minutes. Add the jar of marinara, chicken broth, beans, red pepper flakes, pasta, and s & p. Simmer 10 minutes. Ladle into bowls. Sprinkle with Parmesan and drop a couple croutons on top. Serve. Approximately 4 "main" servings.

This is so extraordinarily good. It is a wonderful, fast, go-to supper for women on the go or a great lunch at home. Add grilled cheese sandwiches or a fresh salad and you will experience food heaven on earth.

(recipe origin: Giada De Laurentis)

Bon Appétit!

