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Where attitude is everywhere, and the goat rules, so watch your backside.

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## QUICK AND EASY Vegan recipes from the goat.

### MINISTRONE SOUP

#### INGREDIENTS

1 TBSP - olive oil  
1 small onion - diced  
1/2 cup carrot - diced  
1/4 cup celery - diced  
1 clove garlic - minced  
2 cups - vegetable bullion  
1 can - diced tomatoes  
(or several roma tomatoes)  
1/4 cup - whole wheat macaroni  
1/4 cup - brown rice  
1/2 can - cannellini beans  
(white kidney beans)  
1/2 cup - zucchini sliced  
1/2 cup green beans - 1" slices  
1 cup - baby spinach  
1 tsp - dried sweet basil  
1/2 tsp - salt  
1/8 tsp - ground black pepper

#### DIRECTIONS

Make up the brown rice first and set to the side.

Using a large sauce pan, saute the onion, carrot, and celery in the olive oil for 3 to 4 minutes. Next, add the garlic and saute for 1 more minute.

Add the vegetable bouillon, tomatoes, macaroni, brown rice, cannellini beans, zucchini, and green beans. Put on a low heat and simmer for 15 - 20 minutes or until the green beans are done.

Then add the spinach, sweet basil, salt and pepper. Simmer 5 more minutes before serving.

This recipe makes about 6 servings.  
Scale up or down for the quantity you need.

#### COMMENTS

Here is our rendition of a great Italian classic. Stay loose when you make this recipe. If you don't have 1 or 2 of the vegetables listed in the ingredients, don't worry about it. The same goes for adding things that are not on the list. The ingredients for this recipe are really just guide lines to get you started.

Enjoy!