



Prep time: 40-50 minutes

What you need:

- 1 tablespoon extra virgin olive oil
- 1 small onion, finely chopped
- 2 carrots, chopped
- 2 celery stalks, chopped
- 1 clove garlic, chopped
- 1 (16 oz.) box of low-sodium vegetable stock
- 1 (28 oz.) can of crushed tomatoes
- 1 teaspoon salt
- 1 teaspoon black pepper
- ½ cup basil, chopped
- ¾ cup alphabet shaped pasta

Equipment and supplies

- Large Dutch oven or other heavy bottomed stock pot
- Knife
- Cutting board

What to do:

1. Place olive oil into the large pot over medium heat. (Adult help needed here!)
2. Add onion, carrots, celery, and garlic and cook until vegetables begin to soften, about 8 minutes.
3. Stir in vegetable stock and crushed tomatoes.
4. Season with salt and pepper.
5. Reduce heat to low and simmer for 25-30 minutes.
6. Stir in basil and pasta and cook until pasta is tender, about 5 additional minutes. Serve hot.

How much does this recipe make? 6 x 1-cup servings