

Italian Zucchini Soup

1 pound small pasta (orzo or other bite-sized)
extra virgin olive oil to cover bottom of pan
3 medium onions, diced
2 heads garlic (3 Tbsps), chopped
 $\frac{3}{4}$ teaspoon (or less) red pepper flakes, optional, or other finely diced pepper (banana, poblano)
6 large zucchinis, cubed
3 yellow squash, cubed
1-28 ounce can plum tomatoes, crushed
1-14 oz can diced tomatoes
14-18 cups water, vegetable broth, or combination
2 cans cannellini or chickpeas
Parsley
basil

Parmigiano rinds can be added to soup while simmering (**IF you do**, soup must be labeled VEGETARIAN, not vegan, AND must say DAIRY)

Heat pot with olive oil on medium. Add onions. Saute 4-5 minutes until softened. Add garlic and cook 1-2 mins.

Add hot red pepper flakes. Cook 1 min. Add zucchini and squash. Stir occasionally for 10 mins.

Add tomatoes and beans. Stir. Cook 5 mins, stirring occasionally.

Add salt and pepper and water (or broth if you are using) and bring to boil. Reduce heat to low. Add pasta. Add more water if too thick.

Simmer 3 mins. While simmering, taste and adjust seasonings if necessary.

Turn off heat.

Add basil and parsley to taste.