

Practically Instant Minestrone

1 can refried beans

2 quarts water (you can add 1 large can beef broth in addition to the water)

1/4 cup olive oil

2 medium onions, chopped

1 clove garlic, crushed

4 celery stalks, chopped

1/2 bunch parsley

1 leek, chopped

grated Parmesan cheese

1/2 teaspoon marjoram

1 large can tomatoes

2 cups chopped cabbage

1 cup macaroni

salt and pepper

Heat beans and water. Sauté onions, parsley, leek, celery and garlic in olive oil with the marjoram for 10 minutes. Add to beans. Add tomatoes and cabbage. Season to taste with salt and pepper. Simmer for 30 minutes. Add macaroni and cook until tender. Other vegetables such as zucchini and carrots may be added in reasonable quantities. To serve, sprinkle with Parmesan. Serves 10.