

Everything
HERBAL
By Cheryl Jabz.



NATURAL • FAITH • WELLNESS

Italian MINISTRONE SOUP

• A TASTE OF ITALY •

↓
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THIS
RECIPE!



God's Recipe of Anointing Oil

Exodus 30:23–25 (KJV)

And thou shalt take the chiefest of the spices, even pure myrrh five hundred shekels, and of sweet cinnamon half so much, even two hundred and fifty shekels, and of sweet calamus two hundred and fifty shekels,

And of cassia five hundred shekels, after the shekel of the sanctuary, and of oil olive an hin:

And thou shalt make it an holy anointing oil, an ointment compounded after the art of the apothecary...



*Made with Love &
& Simple Ingredients*

Olive Oil • Fresh Vegetables
Beans • Pasta • Herbs
A Bowl of Comfort
Straight from Italy!

INGREDIENTS

- ♥ 2 tbsp olive oil
- ♥ 1 onion, chopped
- ♥ 2 carrots, diced
- ♥ 2 celery stalks, diced
- ♥ 3 cloves garlic, minced
- ♥ 1 zucchini, diced
- ♥ 1 yellow squash, diced
- ♥ 1 cup green beans, cut
- ♥ 1 (14.5 oz) can diced tomatoes
- ♥ 1 (15 oz) can kidney beans, drained & rinsed
- ♥ 1 (15 oz) can cannellini beans, drained & rinsed
- ♥ 4 cups vegetable broth
- ♥ 1 cup water
- ♥ 1 cup small pasta (ditalini or elbow)
- ♥ 1 tsp dried basil
- ♥ 1 tsp dried oregano
- ♥ 1 tsp dried thyme
- ♥ 1 bay leaf
- ♥ Salt & pepper to taste
- ♥ Fresh parsley, for garnish
- ♥ Grated Parmesan cheese, optional

INSTRUCTIONS

- 1 Heat olive oil in a large pot over medium heat. Add onion, carrots, and celery. Sauté 5–7 minutes until softened.
- 2 Add garlic and cook for 1 minute until fragrant.
- 3 Stir in zucchini, yellow squash, and green beans. Cook 3–4 minutes.
- 4 Add diced tomatoes (with juices), kidney beans, cannellini beans, vegetable broth, and water.
- 5 Stir in basil, oregano, thyme, and bay leaf. Bring to a boil.
- 6 Add pasta, reduce heat, and simmer uncovered 15–20 minutes, or until pasta is tender.
- 7 Season with salt and pepper to taste.
- 8 Remove bay leaf. Ladle into bowls and garnish with fresh parsley and Parmesan cheese. Serve warm and enjoy!



PERFECT WITH:

- ♥ Garlic Bread
- ♥ Crusty Italian Bread
- ♥ Side Salad
- ♥ A Sprinkle of Parmesan Cheese

DID YOU KNOW?

Herbs not only add amazing flavor, but they also support our health and bring the goodness of God's creation to our table.



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