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# Pasta Minestrone

*Family recipe - Main Bar Restaurant - Sarasota, FL  
Sarasota's Chef Du Jour - 1992*

## PREVIOUS DAY

**1 1/2 pounds penne pasta**

**Italian dressing**

**1 tablespoon oregano**

**1 tablespoon basil**

**1 tablespoon granulated garlic**

## STEAMER

**1 teaspoon oregano**

**1 teaspoon basil**

**1 teaspoon salt**

**1 teaspoon pepper**

**1 teaspoon granulated garlic**

**1 pound carrots**

**1/2 pound green beans, cut to bite size**

**2 medium zucchini, diced small**

**1/2 pound peas**

## ADDITIONAL

**1/2 red onion, chopped**

**1/4 bunch parsley**

**1 can (15 ounce) red kidney beans, drained**

**2 cups garbanzo beans, drained and rinsed**

**Italian dressing**

**1 cup Parmesan cheese**

**tomato slices (for garnish)**

**chopped parsley (for garnish)**

The night before: Cook the penne pasta. In a bowl, combine the oregano, basil and granulated garlic. Add Italian dressing sufficient to coat the pasta. Stir well to mix. Add the cooked penne pasta and toss to coat. Refrigerate overnight to coat.

The next day: Start a steamer with a teaspoon each of oregano, basil, salt, pepper and granulated garlic added to the water. Separately steam the carrots, green beans, zucchini and peas.

Hand chop the red onion and parsley.

In a large bowl, toss the pasta with the steamed vegetables, red onion and parsley. Add the kidney beans and garbanzo beans. Add sufficient Italian dressing to coat. Add the Parmesan cheese. Toss to coat.

Garnish with tomato slices and parsley.

Yield: 1 large bowl

## Pasta

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*Per Serving (excluding unknown items): 5554 Calories; 64g Fat (10.3% calories from fat); 268g Protein; 991g Carbohydrate; 157g Dietary Fiber; 63mg Cholesterol; 3981mg Sodium. Exchanges: 60 Grain(Starch); 11 1/2 Lean Meat; 14 Vegetable; 4 1/2 Fat.*