

## Mike's Pool Hall Minestrone

This was sent by Sylvia Cunningham of Alameda, who says it's from "A Cook's Tour of San Francisco," by Doris Muscatine, who adapted the restaurant recipe for home use.

### INGREDIENTS:

- 3 ounces barley
- 5 ounces split peas
- 5 ounces dried lima beans
- 5 ounces dried red beans
- 6 celery stalks, chopped
- 6 chard leaves, chopped
- 1/4 small head of cabbage, shredded
- 1 leek (white and light green parts only), well washed and chopped
- 5 ounces salt pork, chopped fine
- 1 onion, chopped
- 1 garlic clove, minced
- 2 cups solid-pack tomatoes
- 1 cup tomato puree
- 2 tablespoons salt, or to taste
- 1 teaspoon pepper, or to taste
- 2 tablespoons dried basil

- Assortment of squash, eggplant and spinach, sliced
- 3 ounces dried macaroni
- Freshly grated Parmesan

**INSTRUCTIONS:** Rinse barley and peas. Boil in 2 quarts of water for 1 hour. Rinse lima beans. Boil in 1 quart of water for 1 hour; mash. Rinse red beans. Boil in 6 cups of water for 1 hour and 15 minutes; drain and reserve. To barley and split pea mixture, add celery and chard, cabbage, leek and 1 quart water. Bring to a boil, then reduce heat to low.

Meanwhile, saute salt pork with onion and garlic until lightly browned. Add tomatoes

and tomato puree. Cook for a few minutes, then add to barley and split pea mixture. Add mashed lima beans, salt, pepper and basil. Cook for 1/2 hour. Add squash, eggplant and spinach. Cook for 1/2 hour. Cook macaroni 10 minutes in 6 cups of water; drain.

When soup is ready to serve, add cooked red beans and macaroni; heat through. Serve with a generous sprinkling of grated cheese.

Serves 10-12

**PER SERVING:** 300 calories, 13 g protein, 42 g carbohydrate, 10 g fat (4 g saturated), 10 mg cholesterol, 1,557 mg sodium, 11 g fiber.