

## 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
- ☐ ¼ 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 ½ hour. Add squash, eggplant and spinach. Cook for ½ 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.