

## *SHRIMP* *Minestrone*

*4-6 servings*

$\frac{1}{4}$ cup	PASTENE Extra Virgin Olive Oil	60 mL
$\frac{1}{2}$ cup	red onion, chopped	125 mL
6 cups	chicken stock	1.5 L
1	can (14 fl. oz/398 mL) PASTENE Diced Tomatoes	1
$\frac{1}{2}$ cup	diced carrots	125 mL
1 cup	diced green cabbage	250 mL
1 cup	diced zucchini	250 mL
2 tbsp	PASTENE Pesto Basil Sauce	30 mL
12	medium shrimps, peeled and deveined	12
	salt and pepper	

- In a large pot, heat olive oil over medium heat and add onion; cook for 3 minutes.
- Add chicken stock, tomatoes with juice and carrots. Cook 10 minutes.
- Add cabbage and zucchini and continue cooking 10 minutes. Add pesto and shrimps and cook over medium heat 7-8 minutes. Season to taste with salt and pepper and serve immediately.

## *OLD-FASHIONED TOMATO* *Soup*

*4-6 servings*

1 cup	vegetable stock	250 mL
1 cup	chicken stock	250 mL
2 cups	tomato juice	500 mL
1 cup	PASTENE "Kitchen Ready" Ground Tomatoes	250 mL
$\frac{1}{3}$ cup	red onions, chopped	75 mL
1	garlic clove, chopped	1
$\frac{1}{3}$ cup	PASTENE Italian Arborio Rice	75 mL
	salt and pepper	

- Mix all ingredients in a large saucepan and bring to a boil. Turn heat to low and simmer, covered, for 30 minutes.
- Remove from heat and let cool. Puree, in batches if necessary, in blender or food processor.
- Return to pan and simmer another 5 minutes before serving.

