



### **Jill's African Vegetable Soup**

Jill's mom used to make this African Vegetable Soup for Jill's stepfather. Now when Jill makes this soup, the aroma of the spices always makes her think of him.

- 1 Tbs. canola oil
- 1 large onion, chopped
- 1 celery stalk, chopped
- 1 medium sweet potato, cut into small cubes
- 1/4 cup chopped fresh parsley
- 4 cups water
- 1 28-oz. can tomatoes, undrained, chopped
- 2 tsp. salt
- 1 tsp. turmeric
- 1/2 teaspoon thyme
- 1/2 teaspoon cumin
- 1/8 teaspoon cinnamon
- 1/8 teaspoon ground red pepper
- 1 bay leaf
- 1 small zucchini, diced
- 1 15-oz. can garbanzo beans, rinsed and drained
- 1/2 cup uncooked elbow macaroni

1. Heat the oil over medium heat in a large stewpot. Add the onions, celery, and sweet potato and cook until onions are translucent.
2. Add remaining ingredients except for zucchini, garbanzo beans, and macaroni. Bring to a boil. Reduce heat to low, cover, and cook for 15 minutes.
3. Stir in remaining three ingredients. Cook, partially covered, over medium heat until the macaroni is tender. Serves 6.