



- 4 cups low sodium vegetable stock
- 2 cups water
- 2 (14.5 oz) cans diced tomatoes
- 1 cup diced celery (3 stalks)
- 1 cup diced carrots (2 carrots)
- 1 cup diced yellow onion (1 small)
- 2 Tbsp chopped fresh parsley (or 2 tsp dried)
- 2 tsp dried basil
- 1 tsp dried oregano
- 3/4 tsp dried rosemary , crushed
- 1/2 tsp dried thyme
- 2 bay leaves
- 1/2 tsp sugar
- Salt and freshly ground black pepper , to taste
- 1 1/3 cups diced zucchini (1 small)
- 1 1/3 cups shell pasta

