Pasta Fagioli

Source: Recipe by Noah Kauffman

Fagioli is the Italian word for beans! Pasta with beans and delicious tomatoes makes a comforting and filling meal!

About the Recipe

393 Calories · 18 g Protein · 10 g Fiber
Dinner

Ingredients

Makes 8 Servings

- 4 c (950 mL) low-sodium vegetable broth
- 1 small onion, chopped
- 6 cloves garlic, minced
- 2 15-oz (425 g) cans great northern or 2 c (786 g) white beans; if canned, drained and rinsed
- 1 6-oz (170 g) can or 12 tbsp (192 g) tomato paste
- 1 28-oz (794 g) can low-sodium or 3 c (726 g) crushed tomatoes
- 16 oz (454 g) dry farfalle pasta
- 1/8 tsp (0.6 mL), or to taste ground black pepper
- 2 tbsp (30 mL) or 1/2 bunch fresh chopped basil

Directions

1. Heat 2 tbsp (30 mL) of the vegetable broth in a large pot. Saute the onion and garlic for 7 minutes.
2. Add to the pot the remaining broth and the beans, tomato paste, and crushed tomatoes, along with their liquid. Heat on high until the soup boils.
3. Add the pasta, cover, and cook on medium heat until the pasta is al dente (about 14 minutes). Stir the pasta occasionally while cooking.

4. Season with black pepper to taste. Add about 2 tbsp (30 mL) fresh basil during the last 3 minutes of cooking.

Nutrition Facts

Per serving (1/8 of recipe):

Calories: 391 kcal
Fat: 2 g
    Saturated Fat: 0.5 g
    Calories From Fat: 5%
Cholesterol: 0 mg
Protein: 18 g
Carbohydrates: 66 g
Sugar: 6 g
Fiber: 10 g
Sodium: 206 mg
Calcium: 127 mg
Iron: 6 mg
Vitamin C: 19 mg
Beta-Carotene: 598 mcg
Vitamin E: 2.3 mg