Pasta Fagioli

Source: Recipe by Noah Kauffman

About the Recipe

393 Calories · 18 g Protein · 10 g Fiber
Dinner

Ingredients

Makes 8 Servings

- low-sodium vegetable broth (4 cups)
- small onion, chopped (1)
- garlic, finely chopped (6 cloves)
- Great Northern beans, drained (2 15-ounce cans)
- tomato paste (1 6-ounce can)
- low-sodium crushed tomatoes (1 28-ounce can)
- dry farfalle pasta (16 ounces)
- black pepper (to taste)
- fresh chopped basil (2 tablespoons)

Directions

1. Heat 2 tablespoons of the vegetable broth in a large pot. Sauté 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 the fresh basil during the last 3 minutes of cooking.
Nutrition Facts

*Per serving (1/8 of recipe):*

**Calories:** 393

**Protein:** 18 g

**Carbohydrates:** 76 g

**Sugar:** 7 g

**Fat:** 2 g

  **Calories from Fat:** 4%

**Fiber:** 10 g

**Sodium:** 518 mg