



Pasta Fagioli

Prep time: 10 minutes

Makes: 4 Servings

Total Cost:

Serving Cost:

Ingredients

1 tablespoon olive oil
2 stalks celery, chopped
1 onion, chopped
3 cloves garlic, minced
2 teaspoons dried parsley
1 teaspoon Italian seasoning
1/4 teaspoon crushed red pepper flakes
salt to taste
1 (14.5 ounce) can chicken broth
2 medium tomatoes, peeled and chopped
1 (8 ounce) can tomato sauce
1/2 cup uncooked spinach pasta
1 (15 ounce) can cannellini beans, with liquid

Instructions

1. Heat olive oil in a large saucepan over medium heat. Cook celery, onion, garlic, parsley, Italian seasoning, red pepper flakes, and salt in the hot oil until onion is translucent, about 5 minutes. Stir in chicken broth, tomatoes and tomato sauce, and simmer on low for 15 to 20 minutes.
2. Add pasta and cook 10 minutes, until pasta is tender.
3. Add undrained beans and mix well. Heat through. Serve with grated Parmesan cheese sprinkled on top.



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| Key Nutrients | Amount | % Daily Value |
|----------------|--------|---------------|
| Total Calories | 200 | |
| Total Fat | 1.5 g | 2% |
| Protein | 4 g | |
| Carbohydrates | 14 g | 5% |
| Dietary Fiber | 3 g | 16% |
| Saturated Fat | 0 g | 0% |
| Sodium | 360 mg | |



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