



# 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.



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	



**Cornell University**  
Cooperative Extension

The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal and, where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities. Please contact our office if you have any special needs.