

Vegetarian Pasta Fagirole

Total Time

Prep: 10 min. Cook: 30 min.

Makes 4+ servings

Ingredients

2 28 oz. cans crushed or diced tomatoes
2 15.5 oz. cans small white beans or cannellini beans
1 can carrots (or 3-5 fresh carrots)
1/2 teaspoon of salt
1/2 teaspoon garlic powder
1/2 teaspoon onion powder
1 teaspoon dried parsley
1 teaspoon dried basil
1 large yellow onion
5 cloves garlic



Directions

1. Cut up the onion and garlic into small pieces and fry them in a small amount of vegetable or olive oil in a large pan.
2. Add the sliced carrots to the onions and garlic.
3. Add the crushed or diced tomatoes to the vegetables and bring to a boil.
4. Pour off the liquid from the bean cans and add the two cans of beans and bring to a boil.
5. Add the spices.
6. After the mixture is boiling, reduce the heat to a slow boil and cook for an hour or more. If you're using fresh carrots, when the carrots are done, the soup is cooked sufficiently to serve. The flavor is improved by simmering it longer.

Tip

1. As written, this recipe is intended to be made completely out of food that doesn't need to be refrigerated. This is an old recipe from an Italian friend's grandmother. It is not an exact mixture. Add more or less of any of the ingredients to your taste.
2. Separately, and traditionally, ditalini pasta is used (any small pasta noodles will work fine).
3. It is suggested to not combine the soup and noodles until ready to serve. Add the pasta to each soup bowl as served.
4. Store leftover soup and noodles separately. If the noodles are stored in the soup they get too soft for some tastes.
5. Serve with a warm loaf of Italian bread and butter.

Shopping List

2 28 oz. cans of crushed or diced tomatoes

2 15.5 oz. cans white beans or cannellini beans

1 14.5 oz. cans sliced carrots (or 3-5 fresh carrots)

1 large yellow onion

1 bulb garlic

1 16oz box of pasta of your choice

garlic powder, onion powder, dried parsley and dried basil (if you have none)

1 loaf of Italian bread

If you are filling a bag as part of Outreach, please purchase a store gift card to cover the cost of fresh vegetables or fruit. Place the herbs and spices in a Ziplock baggie and add to the bag. Please write the name of the recipe in black marker on your grocery bag before bringing to the church.