

Pasta e Fagioli:

Ingredients-

2 tablespoons extra virgin olive oil

1 medium onion finely chopped

1 can of carrots finely chopped

1 stalk celery finely chopped

2 teaspoons of granulated garlic

2 teaspoons of onion powder

2 cans (15 ounces each) beans kidney, pinto, or (or 3 cups cooked beans)

5 cups vegetable broth or more for a thinner soup

1 can (15 ounces) diced tomatoes

1½ cup elbow noodle pasta or another short pasta

salt to taste

black pepper + ¼ teaspoon red pepper flakes

Instructions:Heat 2 tablespoons extra virgin olive oil in a large skillet or Dutch oven. Add 1 medium onion, canned diced carrot, 1 stalk celery (all chopped), and sauté them for 3 minutes.

Add granulated garlic, onion powder, and sauté while stirring for 2 more minutes.

Add 2 cans (15 ounces each) beans (drained and rinsed), 5 cups vegetable broth, 1 can (15 ounces) crushed tomatoes, and season with salt and black pepper to taste.

Simmer on medium heat for about 15 minutes; optionally, you can blend some beans with an immersion blender for extra creaminess.

Now, stir in 1½ cup elbow noodles and simmer for another 10 to 12 minutes or until the pasta is al dente.

add more broth if you like a thinner, soupy pasta e fagioli.

Serve pasta e fagioli soup as a main dish in a bowl with a drizzle of extra virgin olive oil. A sprinkle of grated parmesan cheese on top is optional.

Serves: 6

Serving size: 1 cup

Nutrition Facts:

Calories: 210kcal | Carbohydrates: 34g | Protein: 7g | Fat: 5g | Saturated Fat: 1g | Sodium: 540mg |

Potassium: 447mg | Fiber: 6g | Sugar: 4g | Vitamin A: 3761IU | Vitamin C: 6mg | Calcium: 43mg | Iron:

2mg