

Veggie Pasta e Fagioli

Makes: 15 servings



Total Time: 2 hours

Ingredients:

- ♥ 1 can (16 oz.) Great Northern Beans
- ♥ 10 cups of water
- ♥ 3 bay leaves
- ♥ 2 sprigs of rosemary leaves stripped
- ♥ ¼ cup olive oil
- ♥ 2 sweet onions, peeled, ½-inch dice (about 3 cups)
- ♥ 4 cloves garlic minced
- ♥ 2 carrots, peeled, ½-inch dice
- ♥ 1 can diced tomatoes, no salt added
- ♥ 1 container (32 oz.) + 2 cups vegetable stock
- ♥ ½ tsp red pepper flakes
- ♥ 2 tsp. salt
- ♥ 2 tsp black pepper
- ♥ 2 pkgs (6 oz. each) baby spinach
- ♥ 1 ½ cups ditalini pasta

PREPARATION

1. Prepare ditalini pasta using box instructions and set aside for later use.
2. Add beans and 10 cups fresh water to medium stockpot. Heat on high for 10 minutes, uncovered, until boiling. Skim as much foam as possible from the surface. Add bay leaves and rosemary; reduce to medium heat. Cover, tilted, to vent steam. Cook 1 hour; do not stir.
3. Heat olive oil in large stockpot on med. Add onions, garlic, and carrots; cook, stirring occasionally, about 10 minutes, until vegetables are tender.
4. Add diced tomatoes, stock, red pepper flakes, salt, and pepper. Simmer 10 minutes, stirring occasionally. Set aside off heat.
5. Discard bay leaves. Add beans and liquid to stockpot with veggie-tomato mixture; stir. Bring to boil; reduce heat to medium-low. Cover, tilted to vent steam. Cook 30 minutes; stir occasionally.
6. Add spinach to stockpot 10 minutes before serving.
7. Serve: Portion pasta into soup bowls and ladle hot soup over pasta.

Nutrition Facts			
Serving Size: 1 cup (8oz)			
Servings: 1			
Amount Per Serving		Calories from Fat 35	
Calories	160		
		% Daily Value*	
Total Fat	4g	6%	
Saturated Fat	0.5g	3%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	640mg	27%	
Total Carbohydrate	25g	8%	
Dietary Fiber	3g	13%	
Sugars	4g		
Protein	5g		
Vitamin A	40%	•	Vitamin C 6%
Calcium	4%	•	Iron 4%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.			
		Calories	2,000 2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2400mg	2400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

