

PASTA FAGIOLI



INGREDIENTS Serves: 8 | Serving Size: 1 1/2 cups



canola oil
2 tablespoons



onion
1 medium



garlic
3 cloves, or 1
teaspoon garlic
powder



celery
2 stalks



**no salt added
canned tomatoes**
1 - 15 oz can



**no salt added
canned carrots**
1 - 15 oz can



zucchini
1 medium



**low sodium
spaghetti sauce**
1 cup



**low sodium
chicken broth**
4 cups



**low sodium Great
Northern beans**
2 - 15 oz cans



**Italian
Seasoning**
1 1/4
tablespoons



**whole wheat
elbow macaroni**
1 1/2 cups



INSTRUCTIONS

1. PREPARE VEGETABLES



Chop onion, celery, garlic and zucchini.

2. COOK ONION & CELERY



Heat oil in a large pot over medium heat and sauté onions and celery until soft, about 4 minutes.

3. ADD REMAINING VEGETABLES



Add zucchini, carrots and garlic and sauté for another 3 minutes.

4. ADD LIQUIDS



Add tomatoes, spaghetti sauce, and chicken broth and stir in Italian seasoning. Let simmer on low for 15 minutes.

5. DRAIN & RINSE BEANS



Drain can of white beans and rinse under cold water to remove excess sodium.

6. MIX IT ALL TOGETHER



Add macaroni and beans to soup and turn the heat up to medium. Let simmer until pasta is tender, about 10 minutes. Divide among bowls and enjoy!

NUTRITION INFORMATION

Calories: 316	Total Carbohydrate: 53g	Protein: 15g
Total Fat: 6g	Dietary Fiber: 9g	Sodium: 517mg

LOWCOUNTRY FOOD BANK



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