PASTA FAGIOLI

INGREDIENTS  Serves: 8  |  Serving Size: 1½ cups

- canola oil  2 tablespoons
- onion  1 medium
- garlic  3 cloves, or 1½ teaspoons garlic powder
- celery  2 stalks
- no salt added canned tomatoes  15 ounces
- no salt added canned carrots  15 ounces
- zucchini  1 medium
- low sodium spaghetti sauce  1 cup
- low sodium chicken broth  4 cups
- low sodium Great Northern canned beans  2 - 15 oz cans
- Italian seasoning  1½ teaspoons
- whole wheat elbow macaroni  1½ cups

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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