# 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 tablespoons

**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 |

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