



Little Chefs, Big Change

Pasta Fazool



Pasta Fazool is another name for the traditional Italian dish Pasta e Fagioli or pasta and beans. It packs a huge nutritional punch and is a great way to incorporate veggies, greens, whole grains and beans, all in one delicious dish. The veggies listed below are a suggestion. Feel free to add or omit, depending on what you have available. Zucchini, broccoli and cauliflower are all great options. Enjoy!

SERVINGS: 6

PREP TIME: 15 MIN

TOTAL TIME: 45 MIN

INGREDIENTS

½ pound small pasta
2 tablespoons olive oil
1 small onion, diced
1 stalk celery, chopped
2 large carrots, chopped into half moons
3 cloves garlic, minced
2 cups kale, leaves chopped or ripped up small
¼ teaspoon black pepper
2 teaspoons salt
2 teaspoons dried oregano
2 teaspoon dried thyme
2 teaspoons dried basil
14-oz. can crushed tomatoes
6 cups vegetable broth
2 cans cannellini beans, drained

DIRECTIONS

1. Wash and chop all of the veggies. Dice onion, thinly slice celery and chop carrots into half moons. Mince garlic. For kale, remove leaves from stems. Discard stems. Chop or rip up leaves into small pieces.
2. In a large pot or high-sided pan, heat oil on medium-low.
3. Sauté the onions, carrot and celery in oil for 5 minutes.
4. Add garlic and spices and continue to sauté for another minute.
5. Add broth, kale and tomatoes.
6. Turn heat to high and bring to a boil.
7. Add the pasta and turn heat down to simmer. Simmer 10 minutes.
8. Add the drained beans and simmer until pasta is just soft enough.

NOTES
