



Pasta Fagioli

Ingredients

½ lb elbow or bowtie pasta
6 cups water (save for soup)
1 Tablespoon olive oil
1 small onion, chopped
2 cloves garlic, minced
2 (15-½ ounce) can cannellini beans* (undrained)
1 (28-ounce) can crushed tomatoes
½ teaspoon salt
1 teaspoon pepper
1 teaspoon garlic powder
1 teaspoon basil
1 teaspoon parsley

Makes 6 servings

*Also known as white kidney beans

Instructions

1. In a medium pot bring water to a boil. Add pasta to boiling water and cook until al dente (chewy). Drain, reserving water and pasta separately for soup.
2. In a large pot add olive oil, onion and garlic and sauté until lightly brown.
3. Add beans, tomatoes, and the rest of ingredients to onions and garlic.
4. Add the reserved pasta and water to the rest of the ingredients.
5. Let simmer on very low heat for approximately 30 minutes.

Nutrition Facts

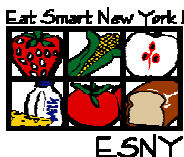
Serving Size 1 1/2 cups
Servings Per Container 6

Amount Per Serving	
Calories 310	Calories from Fat 35
% Daily Value*	
Total Fat 4g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 650mg	27%
Total Carbohydrate 57g	19%
Dietary Fiber 9g	36%
Sugars 2g	
Protein 13g	
Vitamin A 20%	Vitamin C 25%
Calcium 10%	Iron 25%
*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
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

12% calories from fat

Source: Cornell Cooperative Extension of Schoharie County.

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