

Pasta e Fagioli (Pasta and Bean Soup)

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Satisfying and slimming (only about 200 calories per cup), this Italian classic is more of a meal than a soup.



Ingredient List

Serves 8 (makes 8 cups)

- 1 Tbs. olive oil
- 1 medium-size fennel bulb, finely chopped (about 1 cup)
- 1 medium-size onion, chopped (about 1 cup)
- 2/3 cup chopped celery
- 2 cloves garlic, minced (2 tsp.)
- 1 tsp. dried oregano
- 1/4 tsp. red pepper flakes
- 1 28-oz. can diced tomatoes
- 1 15-oz. can white beans, drained and rinsed
- 4 cups low-sodium vegetable broth
- 1 tsp. salt
- 8 oz. whole-wheat ditalini or orzo pasta
- 3 Tbs. chopped fresh parsley

Directions

1. Heat oil in large pot over medium-high heat. Add fennel, onion and celery, and sauté 7 minutes, or until vegetables are softened. Add garlic, oregano and pepper flakes, and cook 1 minute more. Stir in tomatoes and beans, and simmer 10 minutes over medium-low heat.

2. Add broth, salt and 2 1/2 cups water, and cook 20 minutes, stirring occasionally. Stir in pasta, and cook 10 minutes more, or until pasta is tender.
3. Sprinkle with parsley, and season with salt and pepper.

Nutritional Information

Per SERVING: Calories: 204, Protein: 8g, Total fat: 2.5g, Saturated fat: 0.5g, Carbs: 39g, Cholesterol: mg, Sodium: 574mg, Fiber: 6g, Sugars: 6g