



Pasta e Fagioli (pasta with beans)

Serves 4

Adapted from www.foodnetwork.com

1 small onion, chopped
2 Tbsp. olive oil
2-3 large cloves garlic, minced
1/8 teaspoon hot red pepper flakes
1 can diced tomatoes, save juice
1 can cannellini beans, drained and rinsed
1/2 teaspoon oregano
1 tablespoon fresh parsley, chopped
Ground black pepper
1/2 pound whole wheat pasta, cooked
Juice from tomatoes and broth if desired

- In a large frying pan or saucepan, heat oil. Add onion and cook over medium-low heat a few minutes until soft.
- Add garlic and hot pepper flakes and cook a few minutes.
- Add tomatoes, parsley, oregano and pepper. Cook five minutes.
- Add beans and cook gently another two to three minutes.
- Mix with pasta. Serve with grated parmesan cheese if desired.

If you prefer a soup, add the juice from the tomatoes and additional broth if desired.

Nutritional Information:

Calories:	430
Total fat:	8g
Saturated fat:	1g
Carbohydrate:	75g
Fiber:	12g
Protein:	20g