



PASTA E FAGIOLI SOUP

Yield: 6 servings

Ingredients:

- 1 tablespoons olive oil
- 1 large onion, diced
- 2 celery stocks, trimmed and diced
- 2 large carrots, peeled and diced
- 3 cups vegetable broth
- 2 (14.5-ounce) can cannellini beans, drained and rinsed
- 1 (28-ounce) can diced tomatoes
- 3/4 cup whole wheat elbow pasta
- 6 tablespoons shredded parmesan cheese (optional)

Preparation:

1. Heat oil in a large saucepan over medium heat.
2. Add onion, carrots and celery; sauté 5 minutes.
3. Add broth; bring to a simmer.
4. Mash 2/3 cup of the beans in a separate bowl; add to broth mixture along with tomatoes and whole beans.
5. Cover and simmer for 5 minutes, stirring occasionally.
6. Add pasta, cover, and simmer for 10 minutes or until pasta is al dente.
7. Thin the soup with more broth or water if desired, and season with salt and pepper.
8. Serve hot, and sprinkle with parmesan cheese if desired.

Nutrition Information (1 serving): 283 Calories; 15.3 grams protein; 2.9 grams fat; 0.5 grams saturated fat; 51.6 grams carbohydrate; 11.9 grams fiber; 384 mg sodium, 917 mg potassium

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