

Instant Pot Pasta E Fagioli

Yield: 4 min
Total Time: 80 min

Recipe from: <https://www.recipeschoose.com/recipes/chili-recipe-italian-sausage-bacon-garbanzo-beans>

Ingredients:

- 4 cups water
- 1 teaspoon salt
- 1 teaspoon olive oil
- 1 cup ditalini pasta 4 oz or orzo, macaroni, etc.
- 4 slices bacon 4 oz weighed chopped
- 1 tablespoon olive oil
- 1 onion Medium Size, chopped
- 1 pound italian sausage ground
- 1 pinch red pepper flakes
- 1 teaspoon italian seasoning
- 1/2 teaspoon black pepper
- 5 garlic cloves pressed or finely minced
- 2 stalks celery diced
- 1 large carrot diced
- 14 1/2 ounces diced tomatoes with liquid
- 15 ounces tomato sauce
- 15 1/2 ounces cannellini beans drained & rinsed
- 15 1/4 ounces red kidney beans drained & rinsed
- 15 1/2 ounces garbanzo beans drained & rinsed
- 2 bay leaves
- 4 thyme Fresh Sprigs of, each sprig with 3 or 4 stems
- 1 sprig fresh rosemary
- 3 cups chicken broth low sodium Use 4 cups for more soup like consistency.
- 1/4 cup flat leaf Italian parsley finely chopped
- 1 cup Parmesan cheese grated plus more for garnish
- 1 tablespoon fresh basil leaves chopped, or to taste

Nutrition:

1. Calories: 1080 calories
2. Carbohydrate: 77 grams
3. Cholesterol: 125 milligrams
4. Fat: 67 grams
5. Fiber: 11 grams
6. Protein: 55 grams
7. SaturatedFat: 22 grams
8. Sodium: 2930 milligrams
9. Sugar: 15 grams

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