

Pasta Fazool - Italian Pasta & Bean Soup

Yield: 4 min
Total Time: 75 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-recipe-pasta-fazool>

Ingredients:

- 1 potato
- 1/2 yellow onion finely chopped
- 1 carrot diced
- 1 celery stalk diced
- 2 cloves garlic lightly crushed
- 4 tablespoons extra-virgin olive oil
- 30 ounces cannellini beans cans, drained
- salt
- pepper
- 8 ounces fresh tomatoes peeled, and coarsely chopped
- 5 cups water or vegetable broth
- 1 bay leaf
- 5 ounces ditalini
- elbow macaroni
- pasta
- 1 tablespoon chopped parsley
- 1/4 cup grated Parmesan cheese freshly

Nutrition:

1. Calories: 430 calories
2. Carbohydrate: 59 grams
3. Cholesterol: 5 milligrams
4. Fat: 18 grams
5. Fiber: 4 grams
6. Protein: 21 grams
7. SaturatedFat: 3 grams
8. Sodium: 360 milligrams

9. Sugar: 4 grams

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