

Italian Pasta Fagioli Soup

Yield: 12 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-pasta-fagioli-recipe-lidia-bastianich>

Ingredients:

- 1 tablespoon olive oil
- 1 pound ground turkey sausage mild or spicy, casings removed
- 1 yellow onion large, finely diced
- 3 medium carrots finely diced
- 2 celery ribs medium, finely diced
- 4 cloves garlic minced
- 5 cups low sodium chicken broth
- 14 1/2 ounces beans canned cannelloni, rinsed and drained
- 14 1/2 ounces red kidney beans canned, rinsed and drained
- 15 ounces canned diced tomatoes with their juices
- 16 ounces tomato sauce
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 bay leaves
- 1 tablespoon fresh rosemary minced
- 1 tablespoon fresh thyme
- 4 ounces dried pasta such as elbow macaroni or ditalini
- 3 tablespoons fresh Italian parsley chopped
- 1/3 cup Parmigiano Reggiano freshly grated, plus more for serving
- crushed red pepper optional

Nutrition:

1. Calories: 190 calories
2. Carbohydrate: 19 grams
3. Cholesterol: 35 milligrams
4. Fat: 8 grams
5. Fiber: 4 grams
6. Protein: 15 grams

7. SaturatedFat: 2 grams
 8. Sodium: 720 milligrams
 9. Sugar: 6 grams
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