

Pasta Fagioli Soup

Yield: 8 min

Total Time: 105 min

Recipe from: <https://www.recipeschoose.com/recipes/pasta-fagioli-recipe-from-italy>

Ingredients:

- 1 pound ground beef
- 1 onion small, chopped, equivalent to 1 cup
- 1 carrot large, chopped, equivalent to 1 cup
- 3 stalks celery chopped, equivalent to 1 cup
- 2 cloves garlic minced
- 28 ounces crushed tomatoes
- 2 cans tomato sauce 8 ounces each
- 15 ounces beef broth
- 15 ounces red kidney beans with liquid
- 15 ounces white kidney beans with liquid
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1/2 teaspoon dried thyme
- 8 ounces ditalini pasta precooked weight

Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 44 grams
3. Cholesterol: 40 milligrams
4. Fat: 10 grams
5. Fiber: 11 grams
6. Protein: 29 grams
7. SaturatedFat: 3.5 grams
8. Sodium: 660 milligrams
9. Sugar: 2 grams
10. TransFat: 0.5 grams

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