

Traditional Italian Pasta Fagioli

Yield: 4 min
Total Time: 40 min

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

Ingredients:

- 1/2 pound orzo pasta
- 1 medium onion peeled, cut into large chunks
- 2 medium carrots peeled, cut into chunks
- 2 stalks celery cut into large chunks
- 5 cloves garlic minced
- 2 tablespoons olive oil
- 4 ounces pancetta finely diced
- 1 pound Italian sausage I used hot and spicy variety, remove the casings and cut into chunks
- 14 ounces diced tomatoes in their juice
- 29 ounces cannellini beans
- 3 cups low sodium chicken broth or stock
- 1/2 teaspoon crushed red pepper
- 2 bay leaves
- 1 teaspoon dried oregano
- Parmesan cheese rind optional
- 2 tablespoons butter
- 3 tablespoons Italian parsley chopped
- Parmesan cheese grated
- Italian parsley chopped

Nutrition:

1. Calories: 1010 calories
2. Carbohydrate: 88 grams
3. Cholesterol: 120 milligrams
4. Fat: 55 grams
5. Fiber: 5 grams
6. Protein: 52 grams
7. SaturatedFat: 19 grams
8. Sodium: 1410 milligrams

9. Sugar: 6 grams

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