

Pasta Fagioli

Yield: 6 min
Total Time: 45 min

Recipe from: <https://www.recipeschoose.com/recipes/traditional-italian-pasta-fagioli-recipe-no-meat>

Ingredients:

- 2 tablespoons olive oil
- 1 small yellow onion chopped
- 1 medium carrot chopped
- 1 celery stalk chopped
- 3 cloves garlic minced
- 2 bay leaves
- 45 ounces diced tomatoes
- 29 ounces vegetable broth
- 28 ounces cannellini beans rinsed and drained
- 1 Parmesan small, rind
- 1 teaspoon dried thyme
- 1 teaspoon dried basil
- 1/2 teaspoon dried rosemary
- 1 dash crushed red pepper
- 1 cup ditalini pasta dried
- 1/4 cup leaf parsley chopped flat-
- grated Parmesan cheese for serving, optional

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 33 grams
3. Cholesterol: 5 milligrams
4. Fat: 8 grams
5. Fiber: 3 grams
6. Protein: 14 grams
7. SaturatedFat: 2 grams
8. Sodium: 700 milligrams
9. Sugar: 9 grams

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