

# Italian Pasta Fagioli

Yield: 5 min  
Total Time: 30 min

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

## Ingredients:

- 1 yellow onion medium, finely chopped
- 2 celery ribs finely chopped
- 1 carrot finely chopped
- 2 tablespoons minced garlic about 8 to 10 cloves
- 1 cup vegetable broth Pacific Organic Low Sodium Vegetable Broth \*
- 4 cups water
- 8 ounces tomato sauce
- 14 ounces petite diced tomatoes
- 1 tablespoon mellow white miso we used Miso Master Organic Mellow White Premium Lite Miso, Certified Gluten Free \*
- 1 1/2 cups elbow macaroni or pasta of choice
- 15 1/2 ounces kidney beans drained and rinsed
- 15 1/2 ounces cannellini beans drained and rinsed
- 1 tablespoon nutritional yeast
- 4 cups baby spinach fresh, optional
- 2 tablespoons onion flakes dried
- 1 teaspoon onion powder
- 2 teaspoons garlic powder
- 1 teaspoon Italian seasoning
- 2 teaspoons dried basil
- 1/2 teaspoon dried oregano
- 2 1/2 teaspoons sea salt +/- to taste \*
- 1/4 teaspoon black pepper
- 1 pinch crushed red pepper flakes
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- microgreens Italian

## Nutrition:

1. Calories: 340 calories

2. Carbohydrate: 65 grams
  3. Fat: 5 grams
  4. Fiber: 7 grams
  5. Protein: 20 grams
  6. SaturatedFat: 0.5 grams
  7. Sodium: 1760 milligrams
  8. Sugar: 11 grams
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