



Pasta Fagioli

This tasty recipe is quick, easy and economical. It's proven to be a real timesaver during the week and can be a great back-up meal for the days when you just don't know what to eat and don't want to order in.



Serving
6



Prep
15 Minutes



Cook
15 Minutes



Contributer
Maria Ricupero, MHSc RD CDE

- 360 g* Pastina ("little pasta," e.g. ditali, elbow, mini penne), uncooked
- 45 mL Extra virgin olive oil
- 2 Carrots, chopped
- 2 Celery stalks, chopped
- 1 Onion, medium, chopped
- 3 cloves Garlic, minced
- 14 oz Crushed tomatoes, canned (398 mL) or 3 fresh tomatoes, chopped
- 19 oz Canned white or red kidney beans, drained, rinsed (540 mL)
- 2 Bay leaves
- 1 tsp Oregano, dried
- ¼ tsp Salt
- ¼ tsp Ground black pepper or chili flakes (optional)
- 2 tbsp Italian (flat) parsley, coarsely chopped
- 1 tbsp Parmigiano cheese, grated

1. Cook pasta according to package directions. While pasta is cooking, prepare the bean-sauce mixture.
2. Pour extra virgin olive oil in a medium-sized pan and heat using medium heat.
3. Add the carrots, celery and onions. Sauté until onions become translucent.
4. Add tomatoes, garlic, beans, along with the Bay leaves, oregano, salt and pepper. Mix all ingredients together until combined and allow to heat through.
5. Once the flavours of the bean-sauce mixture have had a chance to blend (approximately 5-8 minutes), add the bean-sauce mixture to the cooked pasta and mix altogether. Add parsley.
6. Garnish with parsley and top with parmigiano cheese.

Variation

Don't like kidney beans? Try Romano or navy beans. Feel free to add other vegetables such as, green peas or sliced Bell pepper.

*1 serving of uncooked pasta = 60 grams or 2 oz or 1/2 cup, which yields 1 cup cooked pasta.

Source: <https://www.barilla.com/en-ca/help/measuring-pasta#:~:text=Measuring%20Pasta,-Return%20to%20Help&text=When%20you%20cook%20pasta%2C%202,portions%20of%20pasta%20every%20time>

DIETITIAN'S MESSAGE

This dish is vegetarian and can be vegan if you don't add cheese or use a dairy substitute. Adding legumes once or twice a week is a great way to include a more plant-based eating pattern.



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CCNV
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