

## Hearty Pasta e Fagioli Soup

Preparation time **12 minutes**

Cooking time **35 minutes**

Servings **6**

Cost per serving **\$1.22**

Storage **3 days in the fridge.  
Can be frozen.**

Kitchen tools **Measuring cups and spoons, cutting board, sharp knife, can opener, colander, large pot, wooden spoon, slotted spoon, fork, ladle, plate**



## Ingredients



15 ml (1 tbsp)  
**canola oil**



1 small **yellow onion**,  
peeled and chopped



2 **celery** sticks,  
finely chopped



3 **garlic** cloves,  
peeled and minced



**Salt and pepper**  
to taste



2 cans (540 ml)  
**white** or **Romano beans**,  
drained and rinsed

*A CAN OF EACH  
WILL ADD COLOUR  
TO YOUR MEAL!*



30 ml (2 tbsp)  
**apple cider vinegar**

*OR PLAIN DICED TOMATOES  
AND SIMPLY ADD SOME DRIED  
BASIL AND OREGANO.*



1 can (796 ml)  
herb and spice  
**diced tomatoes**



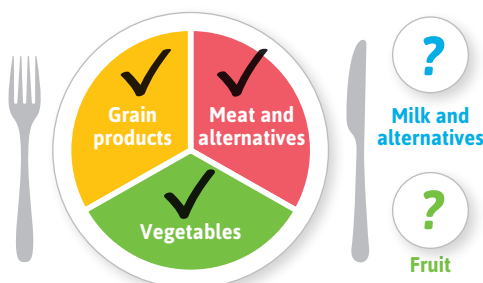
1.5 litres (6 cups)  
**chicken broth**



*OR ANY OTHER  
TYPE OF  
SMALL PASTA*

500 ml (2 cups)  
**dry macaroni**

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## Balanced plate

Serve with:

? A vegetable to round out the serving (raw vegetables, for example) and a fruit

? A glass of milk or fortified soy beverage or a piece of cheese

# Directions

- 1 In a large pot, heat the **oil** over medium-high heat, add the **onion** and **celery** and cook for about 5 minutes.

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- 2 Add the **garlic** and cook for another minute. Add **salt** and **pepper**.

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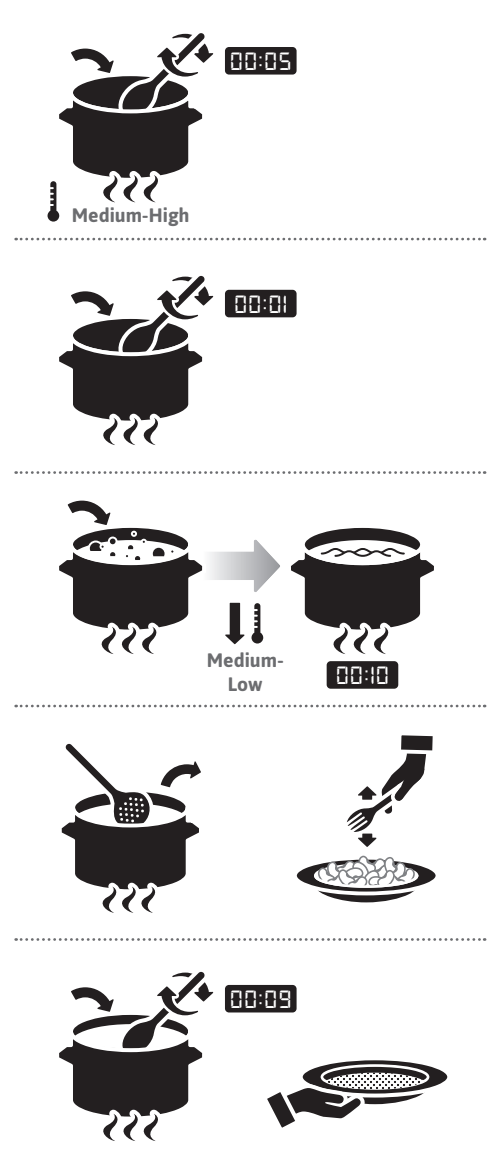
- 3 Add the **beans**, **apple cider vinegar**, **diced tomatoes** and **chicken broth**. Bring to a boil, then reduce heat to medium-low and simmer for about 10 minutes.  
**Tip:** Use the cooking time to prepare your side dishes.

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- 4 With a slotted spoon, take about **250 ml (1 cup)** of **beans**, place them on a plate and mash with a fork.

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- 5 Return the **bean purée** to the pot. It will help thicken the soup. Add the **macaroni** and cook for about 8 to 9 minutes, stirring occasionally. Adjust salt and pepper as needed and serve immediately.  
**Tip:** This hearty Italian soup is very thick. If the soup is not served right away, the macaroni will continue to absorb the broth and the texture will thicken. When reheating, just add a little water.



My rating: ★ ★ ★

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This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition