

# *Pasta Fagioli*

By Mary McDougall

This is a simple bean and pasta stew that is easy to prepare and delicious to eat. There are many variations of bean and pasta stews, usually made with Italian type seasonings, such as tomatoes, basil and oregano. We like this one topped with Sriracha chili sauce to add a bit more heat.

Serves: 8

Prep Time: 20 min

Cook Time: 40 min



## *Ingredients*

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1 Onion, chopped

**3 Cloves** Garlic, minced

**2-15 Ounce Cans** Chopped tomatoes

**3-15 Ounce Cans** Canellini beans, undrained

**10** Large leaves fresh basil, rolled and thinly sliced into strips, plus more for garnish

1 Bay leaf

**1 Tsp** Dried oregano

**1/2 Tsp** Sugar

**Several Twists** Freshly ground pepper

**1 Pound** Whole wheat penne rigate pasta

**2 Tbsp** Vegetarian Express Parma Zaan Sprinkles

## *Directions*

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- 1 Place the onion and garlic in a large pot with about 1 tablespoon water. Cook, stirring frequently, until onion softens and water has evaporated. Add tomatoes, beans, basil, bay leaf, oregano, sugar and pepper. Bring to a boil, cover and cook over low heat for about 30 minutes.
- 2 Meanwhile, bring a large pot of water to a boil. Drop in the pasta and cook for about 10-12 minutes until pasta is tender. Drain and place in a large bowl.
- 3 Pour the bean mixture over the pasta and stir to mix well. Sprinkle with the Parma Zaan Sprinkles and mix again. Garnish with a tablespoon or two of fresh basil strips.

*Hints: This may also be made with other kinds of beans. Garbanzos are delicious in this stew. If you like to drain and rinse your beans before using in recipes, you will need to add about 1 cup of vegetable broth to the ingredients above to replace the broth from the canned beans. Parma Zaan Sprinkles are made by The Vegetarian Express. Website: [www.thevegetarianexpress.com](http://www.thevegetarianexpress.com). This is a healthy, delicious substitute for Parmesan cheese.*