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## Pasta Fagoli

### Ingredients:

- 1/2 lb elbow or bowtie pasta
- 6 cups water (save for soup)
- 1 Tablespoon olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 2 (15-1/2 ounce) can cannellini beans,\* undrained
- 1 (28-ounce) can crushed tomatoes
- 1/2 teaspoon salt
- 1 teaspoon pepper
- 1 teaspoon garlic powder
- 1 teaspoon basil
- 1 teaspoon parsley

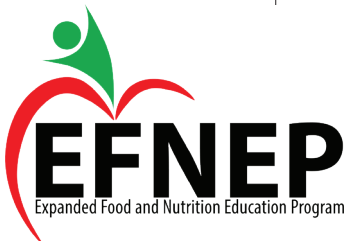
*Makes 6 servings - 12% calories from fat*

\*also known as white kidney beans

### Instructions:

1. In a medium pot bring water to a boil. Add pasta to boiling water and cook until al dente (chewy). Drain, reserving water and pasta separately for soup.
2. In a large pot add olive oil, onion and garlic and sauté until lightly brown.
3. Add beans, tomatoes, and the rest of ingredients to onions and garlic.
4. Add the reserved pasta and water to the rest of the ingredients.
5. Let simmer on very low heat for approximately 30 minutes.

Nutrition Facts	
Serving Size 1 1/2 cups	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 310</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 4g</b>	<b>6%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 650mg</b>	<b>27%</b>
<b>Total Carbohydrate 57g</b>	<b>19%</b>
Dietary Fiber 9g	<b>36%</b>
Sugars 2g	
<b>Protein 13g</b>	
Vitamin A 20%	• Vitamin C 25%
Calcium 10%	• Iron 25%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300 mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



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