

High-Protein Pasta e Fagioli

Web Recipe · Lunch

395 cal · 24g protein · 58g carbs · 8g fat · 6 servings

Ingredients

- 8 oz chickpea pasta
 - 1 tbsp olive oil
 - 1 large onion diced
 - 3 cloves garlic minced
 - 2 medium carrots diced
 - 2 stalks celery diced
 - 1 can (15 oz) kidney beans drained and rinsed
 - 1 can (15 oz) cannellini beans drained and rinsed
 - 1 can (28 oz) crushed tomatoes
 - 4 cups vegetable broth
 - 2 tsp Italian seasoning
 - 1 tsp smoked paprika
 - 2 cups chopped kale
 - 2 tbsp nutritional yeast
-

Instructions

1. Cook chickpea pasta separately according to package directions (1-2 minutes less than stated for al dente). Drain and set aside.
 2. Heat olive oil in a large pot over medium heat. Sauté onion, garlic, carrots, and celery 5-7 minutes until softened.
 3. Add Italian seasoning and smoked paprika. Stir 30 seconds until fragrant.
 4. Add crushed tomatoes, vegetable broth, kidney beans, and cannellini beans. Bring to a boil, then simmer 15 minutes.
 5. Add chopped kale and drained pasta. Cook 3-5 more minutes until kale is wilted.
 6. Stir in nutritional yeast. Season with salt and pepper.
 7. Serve hot with fresh basil on top.
-

Generated by Meal Planner · Per serving macros