

Pasta Fagioli



COOK TIME

45 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

7

CALORIES

510 kcal

EQUIPMENT

- 1 pot to cook pasta
- 1 strainer
- airfryer or oven
- 7 Tupperware containers optional

INGREDIENTS

- 10 oz uncooked Banza Pasta
- 3 c salsa
- 7 Tbsp peanut butter
- 7 Tbsp orange juice
- 5 tsp maple syrup
- 5 tsp soy sauce
- 3 ½ c cubed extra firm tofu
- 3 ½ Tbsp unsalted peanuts chopped
- 3 ½ Tbsp chopped cilantro optional

INSTRUCTIONS

1. Cook and drain the pasta.
2. Place the cubed tofu in the air fryer for 20 minutes at 380°F, or in the oven at 400°F for the same duration.
3. Puree the salsa until it's smooth.
4. In the meantime, in a medium saucepan over medium heat, mix the salsa, peanut butter, orange juice, maple syrup, and soy sauce. Stir until the mixture is evenly heated.
5. Incorporate the cooked tofu and warm it through.

6. Distribute the pasta into seven Tupperware containers and evenly spoon the Thai tofu sauce over each.
7. Sprinkle ½ tablespoon of peanuts and, if desired, cilantro as garnish on each serving.

NUTRITION

Nutrition Facts	
Pasta Fagioli	
Amount Per Serving	
Calories 510	Calories from Fat 243
% Daily Value*	
Fat 27g	42%
Carbohydrates 49g	16%
Protein 26g	52%
* Percent Daily Values are based on a 2000 calorie diet.	



KEYWORD
gluten free

Tried this recipe?
Let us know how it was!