

Pasta Fagioli



TOTAL TIME

25 mins



COURSE

Dinner, Lunch



SERVINGS

7 serving

CALORIES

519 kcal

INGREDIENTS

- 2 packages Field Roast Italian Sausages links OR 1 lb Italian seasoned seitan chopped
- 2 small onions chopped
- 3 tsp olive oil
- 2 garlic clove minced
- 4 c water
- 2 cans great northern beans rinsed and drained
- 2 can diced tomatoes undrained
- 3 c vegetable broth
- 1 1/2 c uncooked Banza elbow macaroni
- 1/2 tsp pepper
- 2 c fresh spinach leaves
- 10 tsp shredded Violife Parmesan cheese

INSTRUCTIONS

1. In a large saucepan, cook sausage over medium heat until cooked through. Remove from pan and set aside.

2. In the same pan, sauté onion in oil until tender. Add garlic and sauté 1 minute longer.
3. Add the water, beans, tomatoes, broth, Banza macaroni and pepper; bring to a boil. Cook, uncovered, until macaroni is tender, 8-10 minutes.
4. Reduce heat to low.
5. Stir in vegan sausage and spinach. Cook until spinach is wilted, 2-3 minutes. Garnish with Violife parm.

NUTRITION

Nutrition Facts

Pasta Fagioli

Amount Per Serving (1 serving)

Calories 519	Calories from Fat 117
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% Daily Value*	
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Fat 13g	20%
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Carbohydrates 61g	20%
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Protein 42g	84%
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* Percent Daily Values are based on a 2000 calorie diet.



KEYWORD

soy-free

Tried this recipe?

Let us know how it was!