

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.

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