

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



KEYWORD
soy-free

Tried this recipe?
Let us know how it was!