



## Pasta Fagioli (Soup/Stew)

4-6 Servings

### **Ingredients:**

- 1 TBSP butter/margarine
- 1 onion diced
- 2 stalks celery diced
- 3 cloves garlic minced
- 1 teaspoon dried oregano
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1/4 teaspoon crushed red pepper flakes
- 2 - 14.5 oz cans diced tomatoes with juice (or 1 large 28oz can)
- 2 1/2 cups chicken broth (or vegetable broth)
- 1 cup Cavatappi pasta
- 1 - 14.5 oz can Vegetarian Beans

### **Instructions:**

1. Heat butter/margarine in large pot over medium heat. Once the butter is hot, add onions and celery.
2. When the onions are translucent and soft, add all the spices - salt, pepper, oregano, red pepper flakes and minced garlic.
3. Cook for a few minutes until the garlic is fragrant, then add diced tomatoes and chicken broth. Bring this to a boil.
4. Once the broth is boiling, add the Cavatappi pasta. Cook the pasta for 10-15 minutes until the pasta is tender. Make sure to stir this pretty regularly throughout the cooking process to ensure that the pasta does not get stuck to the bottom of the pot.
5. Once the pasta is tender, add the Vegetarian Beans. Cook for about 5 more minutes, until the beans are nice and soft.