

Pasta E Fagioli (A La Olive Garden)

*"Fruits of the Spirit" (2001) - Barbara Smith
Grapevine United Methodist Church - Port St. Lucie, FL*

Yield: 5 quarts

1 1/2 teaspoons oil
1 pound ground beef
6 ounces onion, chopped
7 ounces carrots, slivered
7 ounces celery, diced
1 can (24 ounce) diced tomatoes
1 cup canned red kidney beans, cooked
1 cup canned white kidney beans, cooked
44 ounces beef stock
1 1/2 teaspoons oregano
1 1/4 teaspoons pepper
2 1/2 teaspoons fresh parsley, chopped
3/4 teaspoon Tabasco sauce
24 ounces spaghetti sauce
4 ounces ditalini pasta

In a large pot, saute' the beef in oil until it starts to brown. Add the onions, carrots, celery and tomatoes. Simmer for about 10 minutes.

Drain and rinse the beans. Add to the pot.

Add the beef stock, oregano, pepper, Tabasco, spaghetti sauce and ditalini. Add the parsley. Simmer until the celery and carrots are tender, about 45 minutes.

Per Serving (excluding unknown items): 2955 Calories; 164g Fat (50.5% calories from fat); 123g Protein; 240g Carbohydrate; 64g Dietary Fiber; 386mg Cholesterol; 16330mg Sodium. Exchanges: 5 Grain(Starch); 11 1/2 Lean Meat; 29 1/2 Vegetable; 26 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	2955	Vitamin B6 (mg):	4.2mg
% Calories from Fat:	50.5%	Vitamin B12 (mcg):	12.0mcg
% Calories from Carbohydrates:	32.7%	Thiamin B1 (mg):	6.1mg
% Calories from Protein:	16.8%	Riboflavin B2 (mg):	2.3mg
Total Fat (g):	164g	Folacin (mcg):	463mcg

Saturated Fat (g): 55g
Monounsaturated Fat (g): 74g
Polyunsaturated Fat (g): 16g
Cholesterol (mg): 386mg
Carbohydrate (g): 240g
Dietary Fiber (g): 64g
Protein (g): 123g
Sodium (mg): 16330mg
Potassium (mg): 6550mg
Calcium (mg): 510mg
Iron (mg): 28mg
Zinc (mg): 20mg
Vitamin C (mg): 160mg
Vitamin A (i.u.): 59746IU
Vitamin A (r.e.): 5972 1/2RE

Niacin (mg): 36mg
Caffeine (mg): 0mg
Alcohol (kcal): 0
% Refused: 0 0%

Food Exchanges

Grain (Starch): 5
Lean Meat: 11 1/2
Vegetable: 29 1/2
Fruit: 0
Non-Fat Milk: 0
Fat: 26 1/2
Other Carbohydrates: 0

Nutrition Facts

Amount Per Serving

Calories 2955 **Calories from Fat:** 1492

% Daily Values*

Total Fat	164g	253%
Saturated Fat	55g	276%
Cholesterol	386mg	129%
Sodium	16330mg	680%
Total Carbohydrates	240g	80%
Dietary Fiber	64g	257%
Protein	123g	
Vitamin A		1195%
Vitamin C		267%
Calcium		51%
Iron		153%

* Percent Daily Values are based on a 2000 calorie diet.