

Soup

Pasta Fagioli

Family Circle Magazine

Servings: 8

Preparation Time: 15 minutes

Cook time: 16 minutes

2 tablespoons olive oil

1 onion, diced

3 cloves garlic, chopped

1 can (14.5 oz) diced tomatoes with basil, garlic and oregano

2 cans (14.5 oz) reduced-sodium chicken broth

8 ounces (2 cups) small pasta shells

1 teaspoon Italian seasoning

1 bunch fresh Kale, tough stems discarded, cut into 1-inch pieces and washed.

2 cans small white beans, drained and rinsed

1 tablespoon tomato paste

1/2 teaspoon salt

1/4 teaspoon pepper

grated Parmesan cheese for serving

Heat oil in a large pot over medium heat. Add onion and cook 5 minutes. Add garlic; cook 1 minute.

Stir in tomatoes, broth and three cups water. Bring to a simmer over high heat. Add pasta and Italian seasoning. Cook, stirring, 5 minutes.

Stir in kale; cook 5 minutes more. Reduce heat to medium and stir in beans, tomato paste, salt & pepper. Heat through.

Ladle into bowls; garnish with Parmesan.

Per Serving (excluding unknown items): 220 Calories; 4g Fat (16.2% calories from fat); 12g Protein; 36g Carbohydrate; 14g Dietary Fiber; 0mg Cholesterol; 157mg Sodium. Exchanges: 2 Grain(Starch); 1/2 Lean Meat; 1/2 Vegetable; 1/2 Fat.