



EAT. MOVE. SAVE.



Illinois Extension
UNIVERSITY OF ILLINOIS URBANA-CHAMPAIGN



**OFFICE OF COMMUNITY ENGAGEMENT AND
NEIGHBORHOOD HEALTH PARTNERSHIPS**

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MEAL KIT.

Pasta Fagioli

Recipe adapted from University of Minnesota Extension

Ingredients:

4 cubes chicken bouillon, dissolved in 4 cups warm water
14-ounce can diced tomatoes, undrained
2 15-ounce cans of spaghetti sauce
15-ounce can black beans, rinsed and drained
15-ounce can kidney beans, rinsed and drained
15-ounce can cannellini beans, rinsed and drained
2 medium carrots, peeled and cut into ½ inch thick slices
Spices: 1 tsp. dried oregano, 1 tsp. black pepper, 2 tsp. dried parsley, 1 tsp. garlic powder, 1 tsp. onion powder
8 ounces pasta, uncooked

SERVES
4-6

Directions:

Time needed: 10 minutes of preparation,
30 minutes of cook time

1. In a large stockpot or saucepan, combine all the ingredients except the pasta
2. Heat on the stovetop on medium, stirring occasionally, until heated through. About 15 minutes.
3. Add the pasta and simmer, uncovered for 9-12 minutes.
4. Serve at once. Refrigerate leftovers.