

For "Soups On" February 4, 2021

Taste of Home



Pasta Fagioli Soup

★★★★☆

My husband enjoys my version of this dish so much that he doesn't order it at restaurants anymore. With fresh spinach, pasta and seasoned sausage, this fast-to-fix soup is a meal on its own. —Brenda Thomas, Springfield, Missouri

TOTAL TIME: Prep/Total Time: 30 min.

YIELD: 5 servings.

Ingredients

~~1/2 pound Italian turkey sausage links, casings removed, crumbled~~ 1 lb. chub of Italian Sausage

1 small onion, chopped

1-1/2 teaspoons canola oil

1 garlic clove, minced

2 cups water

1 can (15-1/2 ounces) great northern beans, rinsed and drained

1 can (14-1/2 ounces) diced tomatoes, undrained

1 can (14-1/2 ounces) reduced-sodium chicken broth

3/4 cup uncooked elbow macaroni

1/4 teaspoon pepper

1 cup fresh spinach leaves, cut as desired

5 teaspoons shredded Parmesan cheese

Directions

1. In a large saucepan, cook sausage over medium heat until no longer pink; drain, remove from pan and set aside. In the same pan, saute onion in oil until tender. Add garlic; saute 1 minute longer.

2. Add the water, beans, tomatoes, broth, macaroni and pepper; bring to a boil. Cook, uncovered, until macaroni is tender, 8-10 minutes.

3. Reduce heat to low; stir in sausage and spinach. Cook until spinach is wilted, 2-3 minutes. Garnish with cheese.

Nutrition Facts

1-1/3 cups: 228 calories, 7g fat (1g saturated fat), 29mg cholesterol, 841mg sodium, 27g carbohydrate (4g sugars, 6g fiber), 16g protein. **Diabetic Exchanges:** 1-1/2 starch, 1 lean meat, 1 vegetable, 1/2 fat.

© 2021 RDA Enthusiast Brands, LLC