

Pasta e Fagioli

Print Recipe

Ingredients

2 cups dry great northern or cannelli beans
1/4 cup chicken stock bouillon
1 cup dehydrated onions
1 cup dehydrated celery
1 cup dehydrated carrots
1 TBSP Italian seasoning
2 tsp garlic powder
1/2 tsp crushed red pepper flakes
1 bay leaf
1/2 cup tomato powder
1 cup orzo pasta

Nutrition Info

Calories: 229.9

Fat: 0.6g

Carbohydrates: 50.0g

Protein: 9.3g

Directions

Cover beans with 1 gallon and soak overnight. Drain and rinse. Add beans, soup mix and 12 cups fresh water to large pot. Bring to a boil, simmer about 1 hour, until beans are tender. Add pasta and cook about 10 minutes more. Remove from heat, ladle into 8 bowls and top with parmesan if desired. Yields about 1 gallon of soup. Serve with a garlic biscuit if desired.

Serving Size: About 2 cups each