



## MEMBER AGENCY COOKBOOK RECIPE

from *Good Neighbors Soup Kitchen*

### Pasta e Fagioli

#### INGREDIENTS:

- 1 tbsp. extra virgin olive oil
- 1 medium onions, chopped
- 1 tbsp. fresh rosemary
- 2 large garlic cloves, minced
- 28 oz. can chopped tomatoes w/ juice
- 1 tbsp. tomato paste
- 1 bay leaf
- Pinch of sugar
- 1/2 lb. elbow macaroni or small shells
- 2 tbsp. chopped fresh parsley
- 2-3 cups broth or water
- 1/2 tsp. red pepper flakes (optional)
- 1-2 cups canned beans and any veggies on hand (carrots, corn)
- 2 tbsp. parmesan cheese (optional)



#### PREPARATION:

1. Heat oil over medium heat in large pan and add onions. Cook, stirring, until just tender, about 5 minutes. Add rosemary, garlic and stir. Cook another 5 minutes. Stir in tomatoes, sugar, salt, pepper and cook until tomatoes have cooked down and the mixture is fragrant.
2. Add broth or water, tomato paste, pepper flakes and bring to a boil. Reduce the heat, cover and simmer for 30 minutes. Stir in canned beans and veggies and heat through. Taste and adjust seasonings.
3. 10-15 minutes before serving, stir in the pasta. When it is cooked al dente, stir in parsley and taste to adjust seasoning if needed. Serve with parmesan on the side.

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