

Recipe of the Month – December 2021

Pasta Fagioli Soup

Serves 5

Serving Size: 1 ½ cups

Cost per Serving: \$1.22

Ingredients:

- ½ pound turkey sausage
- 1 Tablespoon oil (*canola or olive*)
- 1 cup onion, diced (*1 medium onion*)
- 1 clove garlic, minced
- 2 cups water
- 2 cups reduced sodium chicken broth
- 1 can (*15.5 ounces*) white beans (*drained and rinsed*)
- 1 can (*14.5 ounces*) diced tomatoes
- ¼ teaspoon ground black pepper
- 1 cup whole wheat pasta
- 1 cup fresh spinach (*cut into bite size pieces*)

Optional Ingredient:

Shredded parmesan cheese



Directions:

1. Heat a large saucepan over medium heat. Cook sausage for 6 minutes. Drain grease from sausage. Remove sausage to a plate or bowl. Wipe the remaining grease out of the pan with a paper towel.
2. Add oil to the pan and heat over medium. Add onion and garlic. Sauté for 3 minutes.
3. Add water, broth, beans, tomatoes, and ground black pepper to the pan. Heat until boiling.
4. Add pasta and cook until tender (*8 – 10 minutes*).
5. Reduce heat to low. Add sausage and spinach. Simmer until spinach is wilted (*about 3 minutes*).
6. Serve with parmesan cheese, if desired.

Nutrition Facts per Serving: 320 calories, 8g total Fat (1.5g sat. fat), 35mg Cholesterol, 650mg Sodium, 43g Carbohydrates, 8g Fiber, 5g Sugar, 21g Protein

*Recipe compliments of Iowa State University Extension and Outreach:
Healthy & Homemade 2021 Nutrition & Fitness Calendar*



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