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