



Soup Recipe

Italian Pasta and Bean Soup

Makes 8 cups

Ingredients:

1 lb. ground Italian turkey sausage or other ground meat

1 medium onion, diced

1 stalk celery, diced

1 carrot, peeled and diced

1 Tablespoon garlic, minced

1 (15 ounce) can cannellini beans or other beans

1 Tablespoon tomato paste

1 (14.5 ounce) can petite diced tomatoes, NOT drained

4 cups low-sodium broth (beef, chicken, vegetable, mushroom, etc.)

1 Tablespoon dried Italian herbs

1 ½ cups (about 7 ounces) ditalini pasta or other short pasta

Salt and pepper, to taste

For garnish: Parmesan cheese, freshly grated

Instructions:

1. In a large pot or Dutch oven, cook sausage over medium-high heat for 5 minutes, using a spoon to break up the meat.
2. Add the onion, celery, and carrot to the pot. Cook and stir over medium-high heat until soft or tender (about 5-8 minutes). Add the garlic and cook for 1 more minute. Remove excess fat from pot.
3. Add the beans, tomato paste, diced tomatoes, broth, and Italian herbs. Bring to a boil, then stir in the pasta. Reduce heat to medium; continue cooking until the pasta is tender (see pasta cooking recommendation). Stir the pasta occasionally as it's cooking so that it doesn't stick to the pot.
4. Taste the soup and season with salt and pepper, if necessary. Serve in bowls and garnish with Parmesan cheese.

*If you choose to make the recipe vegetarian, you can add more beans in place of the meat.



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