

# Pasta Fagioli Soup

SERVINGS  
8

PREP TIME  
20 MIN

COOK TIME  
1 HR

TOTAL TIME  
1 HR 20 MIN

*Indulge in this hearty comforting Italian classic brimming with a vibrant medley of veggies, protein-rich beans, and aromatic spices. It's a simple, tasty meal that everyone will enjoy.*



**ORGANIZING**  
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## Ingredients

## Directions

**Let your creativity shine!** Our recipes are starting points for your own personal touch. Feel free to adjust the quantity of vegetables and beans; there's no need for precise measurements. Trust your taste buds and tailor the flavors to your liking.

1

- Olive Oil
- 1 Large Onion
- 4-6 Ribs Celery
- 1 Bag (16 oz) Baby Carrots
- 1 Zucchini

### PREPARE VEGGIES

- Dice the onions, celery, and carrots into uniform, bite-sized pieces.
- Heat a generous drizzle of olive oil in an 8 qt stockpot over medium heat.
- Sauté the diced vegetables in the pot for about 5 minutes, stirring often to soften.
- Dice the zucchini and add it to the mix; cook for another 5 minutes until the vegetables begin to release their flavors.

2

- 3 Bay Leaves
- 2 tsp EACH: Dried Basil, Oregano, Thyme, & Salt
- 1 tsp Pepper
- 2 T Minced Garlic

### ADD SPICES

- Stir in the garlic and all the dried spices, ensuring the vegetables are well-coated.
- Let the spices toast for another 5 minutes, stirring frequently to prevent the garlic from scorching while the aroma develops.

3

- 1 Can (28 oz) Italian Diced Tomatoes
- 2 Cans Cannellini Beans
- 2 Cans Kidney Beans
- 2+ Containers Vegetable Broth (32 oz each)
- 2 T Tomato Paste

### ADD REMAINING SOUP INGREDIENTS

- Pour in the Italian diced tomatoes (with their juices).
- Drain and rinse the beans thoroughly, then add them to the pot.
- Pour in the vegetable broth until you reach your desired soup consistency.
- Stir in the tomato paste.
- Bring the mixture to a gentle boil, then reduce heat and simmer for about 1 hour, stirring occasionally to let the flavors meld.

4

- 1 (16 oz) Pkg Ditalini Pasta
- OPTIONAL:**
- 1 Package of Favorite Plant Based Sausage

### WHILE SOUP IS SIMMERING:

- Taste your broth! This is the time to adjust seasonings to your preference, you will likely find a bit more salt brings the flavors to life.
- **SEPARATELY PREPARE NOODLES** according to package instructions. Drain and set aside – do not add them directly to the soup so they don't get soggy.
- **IF DESIRED, SEPARATELY PREPARE PLANT-BASED SAUSAGE** according to package instructions and set aside.

**TO SERVE:** Add desired amount of noodles and plant-based sausage to each bowl and ladle soup over the top. Season with salt and pepper to taste. Garnish with optional fresh basil and a sprinkle of nutritional yeast.