



# *Pasta e Fagioli with Sausage*

## Ingredients

- 1 lb. ground Italian sausage (pork, turkey or chicken)
- 1 medium onion, diced (or 3/4 cup frozen)
- 2 cloves garlic, minced (fresh or jarred)
- 28 oz. no sodium canned diced tomatoes, with juices
- 28 oz. low-sodium chicken broth
- 1 cup water
- 3 15-oz. cans great northern or cannellini beans, drained
- 6 oz. ditalini or tubetti pasta
- 5 oz. baby spinach, roughly chopped
- Grated Parmesan cheese (optional)

## Instructions

- Heat a large pot over medium-high heat. Add sausage and cook until well browned, breaking it up as it cooks.
- Reduce heat to medium. Add onions and cook until tender. Add garlic; cook 1 minute. Add drained beans and tomatoes with their juices.
- Add broth and water; heat to boiling over high heat. Add uncooked pasta and reduce heat; simmer 10-15 minutes, or until pasta is cooked.
- Just before serving, stir in spinach and cook until wilted. Serve with Parmesan, if you like.

MAKES 8 SERVINGS. NUTRITION PER SERVING:  
CALORIES: 290 | CARBOHYDRATES: 27G |  
PROTEIN: 17G | FAT: 13G | FIBER: 5G

ADAPTED FROM GOOD HOUSEKEEPING