

Pasta e Fagioli Soup – Sue and Ted Farrand

Ingredients

- 1 lb lean ground beef
- 1 cup yellow onion finely diced
- 6 cups beef broth (low-sodium, if available)
- 1 can (14.5 oz) diced tomatoes, undrained
- 1 jar (24 oz) spaghetti sauce
- 1 cup celery, thinly sliced
- 1 cup carrots, thinly sliced
- 1 can (15 oz) kidney beans drained & rinsed
- 1 can (15 oz) cannellini beans drained & rinsed
- 1 teaspoon ground oregano
- 1 teaspoon dried basil
- ½ teaspoon salt
- ½ teaspoon pepper
- 8 oz dried small shell pasta

Steps

1. In a large stock pot, cook ground beef and onion over medium-high heat until beef is no longer pink. Drain.
2. Add beef broth, diced tomatoes, spaghetti sauce, celery, carrots, beans, oregano, basil, salt & pepper. Bring to a boil.
3. Reduce to medium-low heat, cover, and simmer for 30-40 minutes until the vegetables are tender.
4. Add pasta and cover with lid. Let simmer for an additional 10 minutes or until the pasta is cooked.
5. Adjust salt and pepper to taste, and serve with minced parsley and parmesan cheese.