

## Pasta e Fagioli



### Makes:

8 servings, approximately 1 ½ cups (210g) each

### Utensil:

Saladmaster Food Processor  
3 Qt./2.8 L Sauce Pan with Cover  
3 Qt./2.8 L Perforated Basket  
7 Qt./6.6 L Roaster with Cover

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### Recipe:

### Contributed By:

Tracey Sweeney  
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### Recipe Description:

This is a great pasta recipe to prepare the day before company is coming, as ingredients blend overnight and flavor is enhanced. It is fast and easy to prepare making it ideal for those individuals on the run.

15 ounces  
red kidney beans with liquid  
(425  
g)  
15 ounce  
great northern beans with liquid  
(425  
g)  
15 ounces  
tomato sauce  
(425  
g)  
4 cups  
chicken stock, low sodium  
(950  
mL)  
1 tablespoon  
tomato paste  
(16  
g)  
1 ½ teaspoons  
garlic, granulated  
(4  
g)  
1 teaspoon  
oregano  
(1  
g)

1 teaspoon  
basil  
(1  
g)  
1/2 teaspoon  
black pepper  
(1  
g)  
1 1/2 teaspoon  
sea salt  
(9  
g)

**Directions:**

1. Place 3 cups (700 mL) water to sauce pan and insert steamer inset in pan.
2. Crumble ground beef in steamer inset and cover. Turn temperature to medium heat. When Vapo-Valve™ clicks, reduce heat to low and cook meat an additional 20 minutes, or until meat is no longer pink.
3. Place all ingredients in roaster except for the pasta. Turn temperature to medium heat. When Vapo-Valve™ clicks, reduce heat to low and cook 35 minutes.
4. Prior to serving, add pasta and mix well. Serve warm.

Nutritional Information per

▼ Serving

**Calories:** 413  
**Total Fat:** 11g  
**Saturated Fat:** 4g  
**Cholesterol:** 39mg  
**Sodium:** 1082mg  
**Total** 52g  
**Carbs:**  
**Dietary Fiber:** 9g  
**Sugar:** 8g  
**Protein:** 26g