

Pasta Fazool

1 lb. dry pasta (Barilla Protein Plus is plant-based and higher in protein)
1 15-oz. can white beans
2 15-oz cans kidney beans
2 26-oz. jars tomato sauce (I like Trader Giotto's Tomato Basil Marinara)
1 15-oz can diced tomatos
1 chopped onion (yellow, white or sweet)
3 diced bell peppers (green, red, orange, yellow are fine)
3 cloves of garlic, minced or pressed
2 Tbsp. olive oil, vegetable broth, or water
2 tsp. garlic parsley salt (or garlic powder if you want to limit salt)
½ tsp. basil
½ tsp oregano
½ c. chopped fresh parsley

Cook pasta according to label directions, draining the water once it is done. I often start the water to cook the pasta at the same time I am making the sauce to save time.

In the meantime, heat the oil (or broth or water) over medium heat in a large saucepan, and add the onions and peppers and saute until the onions are nearly translucent. Add the garlic and continue the saute for 1- 2 minutes, then add the beans, garlic parsley salt and dried herbs and saute another 2 – 3 minutes. Stir in the diced tomatos and sauce, and simmer for an additional 5 minutes to heat through. Stir in pasta and fresh parsley and serve!