

Pork & Pasta e Fagioli



Ingredients

- 2 cups / 500 mL small pasta shapes
- 1 Tbsp / 15 mL canola oil
- 1 lb / 0.5 kg lean ground pork
- 1 medium yellow onion, diced
- 2 large carrots, chopped
- 2 ribs celery, chopped
- 1 clove garlic, minced
- 1 tsp / 5 mL EACH dried basil leaves, dried oregano leaves and dried rosemary leaves
- 1-28 oz / 796 mL can diced tomatoes, undrained
- 2 cups / 500 mL sodium-reduced chicken broth
- 1-19 oz / 540 mL can red kidney beans, drained and rinsed
- Pinch red pepper flakes
- ¼ cup / 50 mL chopped fresh Italian parsley
- 2 Tbsp / 30 mL freshly grated Parmesan cheese for garnish (optional)

Directions

1. In large pot of boiling water, cook pasta until tender but firm; drain. Set aside.
2. In large sauté pan, heat oil over medium-high heat. Brown pork until no pink remains, breaking up large pieces with spatula, about 15 minutes. Drain any fat.
3. Add onion, carrots, celery and garlic; stir to combine. Cook until carrots are tender crisp, about 5 minutes.
4. Add basil, oregano, rosemary, tomatoes and broth. Stir and bring to a boil.
5. Reduce heat to medium. Add kidney beans, red pepper flakes and parsley; stir to combine. Cook 10-15 minutes more.
6. Reduce heat to low. Add pasta; mix gently and allow soup to simmer, about 2 minutes.
7. Ladle soup into bowls. If desired, sprinkle with Parmesan cheese. Serve immediately.

Additional Info

- **Cut:** Ground pork
- **Prep Time (Minutes):** 20

- **Cook Time (Minutes):** 30
- **Number of Servings:** 4