



PASTA FAGIOLI SOUP

INGREDIENTS

- 1 lb. Firsthand Foods Spicy Italian Sausage, diced
- 1 Med. onion, chopped
- 1 Fennel bulb, quartered and thinly sliced
- 1 tsp. Olive oil
- 1 tsp. Minced garlic
- 28 oz. Can of diced tomatoes
- 6 cups Vegetable broth
- 16 oz. Can of white beans
- 1 cup Small elbow macaroni
- 8 oz. Chopped spinach or kale
- 3 tbs. Chopped parsley
- 1 tbs. Dried Italian herbs

DIRECTIONS

- 1.** In a large stockpot, sauté sausage until browned. Remove from pan and set aside. Drain fat from pan and wipe with a paper towel.
- 2.** Add olive oil to the stockpot and sauté onion and fennel over medium heat for about for 5-7 minutes or until soft. Add garlic and sauté for 1 minute.
- 3.** Add diced tomatoes and stir to combine. Add vegetable stock and turn heat to medium-high.
- 4.** Bring to a boil and add pasta. Reduce heat and gently boil for 10 minutes to cook the pasta.
- 5.** Turn down heat to simmer. Add spinach or kale, Italian herbs, and season with salt and pepper to taste. Continue cooking for 5 minutes. Add the beans and cook for an additional 2-3 minutes.
- 6.** Stir in parsley and serve.