



Red Clay Cook-Off Family Style



Lydia's Pasta Fagioli

Ingredients:

2 TBSP Olive Oil
8 Cloves of Garlic (Keep Whole)
1 Medium Onion, chopped
Salt & Pepper, to taste
1, 28oz Can Tomato Sauce^(1, 2)
3 Cups Water (OR fill (1) empty tomato sauce can with water)
1, 28oz Can Whole Peeled Canned Tomatoes^(1, 2)
Fresh Basil
1 Bay Leaf
2, 15.5oz Cans Cannellini Beans^(1, 2, 3)
1, 16oz Box Ditalini Pasta⁽⁵⁾
Grated Parmesan

Instructions:

In a large stock pot, sauté onion and garlic in olive oil until golden brown. Once the onions and garlic are browned, add tomato sauce and water and simmer for 20 minutes. While the sauce is simmering, puree the whole tomatoes in a blender or food processor. Add spices and pureed tomatoes to sauce mixture and let simmer for another hour. While the sauce is simmering, cook ditalini pasta per package instructions and set aside. After the sauce is finished simmering, add the cannellini beans and cook until heated through. Serve sauce on top of the cooked ditalini pasta and top with grated parmesan if desired and ENJOY!

TIPS! Cooking for quality, nutrition and safety

1. Choose No-Salt Added or Low-Sodium Canned products for this recipe.
2. Clean the tops of your canned goods before opening to remove any contaminants from the top, which could get into the product once opened.
3. Rinse the canned beans before adding to the dish to remove excess salt. Additionally, you could use soaked, dried cannellini beans in place of the canned variety.
4. Sneak other vegetables into this recipe for added nutritional benefits. A few suggestions; Fennel, baby spinach leaves, kale, carrots or squash.
5. Serve over whole-grain pasta for added fiber and nutrients.