



Pasta e Fagioli with Sausage

Ingredients

- 1 lb. ground Italian sausage (pork, turkey or chicken)
- 1 medium onion, diced
- 2 cloves garlic, minced
- 28 oz. no sodium canned diced tomatoes, with juices
- 28 oz. low-sodium chicken broth
- 1 c. water
- 3 15-oz. cans great northern or cannellini beans, drained
- 6 oz. ditalini or tubetti pasta
- 5 oz. baby spinach, roughly chopped
- Freshly grated Parmesan cheese (optional)

Instructions

- Heat a large pot over medium-high heat. Add sausage and cook until well browned, breaking up sausage as it cooks.
- Reduce heat to medium. Add onions and cook until tender and golden. Add garlic; cook 1 minute. Add drained beans and tomatoes with their juices.
- Add broth and water; heat to boiling over high heat. Add uncooked pasta and reduce heat; simmer 10-15 minutes, or until pasta is cooked.
- Just before serving, stir in spinach and cook until wilted. Serve with Parmesan, if you like. Makes about 16 cups or 8 main-dish servings.

ADAPTED FROM GOOD HOUSEKEEPING