

Pasta e Fagioli



Ingredients:

2 oz. of any small uncooked pasta
1 pound lean ground beef
1 tablespoon minced garlic
1 cup chopped onion
1 cup chopped celery
1 cup sliced carrot
2 (14 ½ oz cans) italian diced tomatoes
15 oz can navy beans, rinsed and drained
15 oz can red kidney beans, rinsed and drained
11 ½ oz V-8 juice
15 oz can tomato sauce
3 cups beef broth
1 cup water
1 tablespoon vinegar
1/2 cup chopped fresh parsley
1/2 teaspoon dried thyme
½ teaspoon black pepper
1 teaspoon basil
1 teaspoon oregano

Directions:

Bring a large saucepan, half-filled with water to a rolling boil. Add pasta and follow directions on package until cooked al dente. Drain pasta and set aside.

While pasta is cooking, brown beef in a nonstick pot. When it is almost cooked, add garlic, onion, celery and carrot to the beef and let them all cook for about 5 minutes. Add all of the remaining ingredients, EXCEPT for the pasta. Cover and simmer for 45 minutes, stirring every 5-10 minutes. Stir in the pasta and cook for another 15 minutes. Makes 10 one-cup servings.

