

# One Pot Chickpea Pasta Fagioli

10 ingredients · 30 minutes · 5 servings



## Directions

1. Heat the oil in a large pot over medium heat. Sauté the onions, garlic, and carrots for three to five minutes or until the onions are translucent.
2. Add the tomato sauce, Italian seasoning, and broth. Bring to a boil, then reduce to a simmer and cook for 10 minutes.
3. Add the pasta and the beans. Bring to a boil and cook uncovered for four to six minutes or until the pasta is just al dente. The pasta will continue cooking in the broth.
4. Divide evenly between bowls and garnish with parmesan cheese. Enjoy!

## Notes

### Leftovers

Refrigerate in an airtight container for up to three days.

### Serving Size

One serving is approximately 1 1/2 cups.

### More Flavor

Add baby spinach, kale, fresh herbs, red pepper flakes, fresh ground pepper, and/or nutritional yeast.

### Pasta

Use any short pasta of choice.

## Ingredients

- 2 **tbsps** Extra Virgin Olive Oil
- 1 Yellow Onion (small, diced)
- 3 Garlic (clove, finely chopped)
- 2 Carrot (medium, diced)
- 2 **cups** Tomato Sauce
- 1 1/2 **tsps** Italian Seasoning
- 6 **cups** Vegetable Broth
- 8 **ozs** Chickpea Pasta (dry)
- 2 **cups** Cannellini Beans (cooked)
- 1/3 **cup** Parmigiano Reggiano (grated)