



PASTA E FAGIOLI

SERVES: 4 (approx. ¾ cup each) **Prep Time: 10 min. Cooking Time: 20 min.**

CONTAINER EQUIVALENTS (per serving): 1 1 1

VEGAN CONTAINER EQUIVALENTS (per serving): 1 1 1

1 Tbsp. olive oil
¼ cup chopped fresh parsley
½ cup chopped onion
(approx. ⅓ medium)
2 cloves garlic, finely chopped
1 cup chopped tomatoes (approx. 1½ medium)
½ tsp. sea salt (or Himalayan salt)
½ tsp. ground black pepper
¼ cup dry white wine
1 cup chopped arugula
1 cup low-sodium organic vegetable broth
1 cup cooked whole-grain pasta
1 cup canned white (cannellini) beans, drained, rinsed (liquid reserved)

1. In a large skillet heat oil over medium heat, until very hot; add parsley and cook, stirring frequently, until lightly crisped, about 30 seconds.
2. Add onion, garlic, tomatoes, salt, and pepper and cook for 5 minutes, stirring occasionally, or until tomatoes begin to break down.
3. Add white wine and cook, stirring as needed, until almost all of liquid has evaporated, about 2 minutes.
4. Add arugula and cook 1 minute, or until wilted.
5. Add broth and ¼ cup of reserved bean liquid; cook 6 to 8 minutes, or until sauce begins to thicken.
6. Add pasta and beans and simmer 2 to 3 minutes, until sauce is thick and beans are warmed through.
7. Serve immediately, or store refrigerated in an airtight container for up to 5 days.

RECIPE NOTE:

If you're not vegan, use your Blue Container (Healthy Fats) to finish this dish with grated Parmesan cheese for authentic Italian flavor.

NUTRITIONAL INFORMATION (per serving): **Calories: 162 Total Fat: 4 g Saturated Fat: 1 g Cholesterol: 0 mg Sodium: 154 mg Carbohydrates: 24 g Fiber: 5 g Sugars: 3 g Protein: 6 g**

Recipes containing the are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.