



SOME MORE VEGETARIAN DISHES

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Some Vegetarian Dishes

Pasta Fagioli

Pasta Fagioli Ingredients

- Small pasta shape (shells, ditalini, mini farfalle etc)
- Can of cannellini beans
- Small can of tomato sauce
- Garlic
- Olive oil
- Grated cheese (I prefer locatelli)
- Salt
- 2 pots (1 for salted water for pasta, one for tomato/garlic/beans)

The Pasta



The "Fagioli" (beans!)



The tomato sauce



The Garlic



A pot of salted water



A pot with Olive oil
(for frying garlic). Pls make it
big enough to hold the final
product!



While water is trying to
boil...fry the garlic



Add tomatoes, fry for a while and then add beans.



When water boils, add
pasta and STIR



The tomatoes and beans
continue to simmer....



Test pasta for al dente.
Scoop out and add to
tomato/bean mixture



Save the salted pasta water



Mix pasta and beans. Add water, salt if needed.



Garnish with grated cheese
and parsley (I didn't have any!)



You have just made a popular
“Friday Night” dinner.
Pasta Fagioli!

