

Cooking with the DIETITIANS

PASTA E FAGIOLI WITH GROUND TURKEY

Time: 50 minutes

Servings: 8

INGREDIENTS

****Blender required for this recipe****

1 pound lean ground turkey
1 Tbsp olive oil
1 ½ tsp of italian seasoning (1)
½ cup celery, chopped
½ cup carrots, chopped
½ cup onion, chopped
1 ½ tsp Italian seasoning (2)
1 (28oz) can of crushed tomatoes
1 (15oz) can of cannellini beans
28oz of low sodium chicken broth
1 box of whole wheat shell pasta
1 bag of spinach



DIRECTIONS

1. Place Olive oil in pot over medium heat. Add ground turkey and 1 ½ tsp of Italian seasoning (#1). Cook until no longer pink. Set aside for later
2. Meanwhile, dump can of tomatoes into a blender. Puree until smooth. Drain and rinse cannellini beans and add them to the blender. Add an additional can (15oz) of water. Puree until smooth. If this doesn't fit in your blender, remove tomato puree before pureeing the beans.
3. In the same pot, sauté the celery, carrots, onion, garlic, and the second 1 ½ tsp of Italian seasoning for about 3-4 minutes until slightly softened. Add tomato and bean puree and broth. Simmer for 20 minutes.
4. Add the pasta, and simmer for 20 more minutes until pasta is cooked and sauce is reduced. Throw in the spinach and the ground turkey and mix until combined.
5. Enjoy!

NUTRITION FACTS (PER SERVING):

Calories: 374, Total Fat: 8g, Saturated Fat: 1g, Sodium: 400mg, Protein: 24g, Carbohydrates: 54g, Fiber: 10g, Vitamin A: 137%, Vitamin C: 46%, Calcium: 9%, Iron: 32%

Recipe adapted from: <http://pinchofyum.com/simple-san-marzano-pasta-e-fagioli>

A collaboration with USF Dining

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