



Tomato, Spinach, and Cannellini Bean Pasta

Prep: 10 minutes | Cook: 25 minutes | Total: 35 minutes

Yield: 6 servings | Serving Size: 1½ cups

Ingredients

- 1 tablespoon oil
- 1 medium onion, sliced thin
- 4 cloves garlic, minced (about 2 teaspoons)
- 4 cups (32 ounces) no-salt-added or low-sodium vegetable or chicken broth
- 12 ounces whole-wheat strand pasta (e.g. linguine, spaghetti), uncooked
- 1 (14.5-ounce) can no-salt-added diced tomatoes
- 1 (10-ounce) package frozen chopped spinach
- 1 (15.5-ounce) can no-salt-added cannellini beans, drained and rinsed
- 2 teaspoons dried oregano
- 1 teaspoon ground black pepper

Directions

1. Heat a large saucepan (pot) over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion and garlic.
4. Sauté until the onion is soft, about 4-5 minutes.
5. Add the broth, pasta, diced tomatoes with their liquid, spinach, cannellini beans, oregano, and black pepper. Stir to combine.
6. Increase the heat to high and bring to a boil.
7. Reduce the heat to a low simmer and cover the pot with a lid.
8. Cook, stirring frequently, until almost all the liquid has been absorbed and the pasta is tender, about 10 minutes.
9. Taste and adjust seasoning as needed.
10. Serve warm.

**Nutrition Facts Per Serving: Calories: 340 | Total Fat: 4.5 g | Saturated Fat: 0.5 g
Sodium: 75 mg | Total Carbohydrate: 61 g | Dietary Fiber: 11 g | Protein: 15 g**

Inspired by a recipe submitted by Georgina Hignell RD, Northport VAMC
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