

# Pasta e Fagioli Soup



SERVINGS: 15  
PREPPING TIME: 10 MIN  
COOKING TIME: 35-40 MIN

## Ingredients

- 1 tbsp olive oil
- 1 lb. 99% lean ground beef
- 1 large yellow onion, diced
- 2 large carrots, diced
- 2 ribs celery, diced
- 2 cloves garlic, minced
- 1 tbsp Italian seasoning
- 1 - 28 oz can crushed tomatoes
- 1 - 15 oz can diced tomatoes, not drained
- 2 - 15 oz cans white beans, drained
- 4 cups chicken stock
- 1 cup dried pasta (elbows or ditallini)
- 2 cups kale, chopped fine
- 4 oz low-fat cottage cheese, blended until smooth
- Salt and pepper to taste

## Directions

- Add oil to a large stock pot, allow to heat 1-2 minutes. Add beef and break apart into small pieces in the pan. Cook until brown.
- Add onion, celery, and carrots. Cook for 5 minutes until softened.
- Add garlic, crushed tomatoes, diced tomatoes, white beans, and chicken stock. Bring to a boil and allow to simmer for 10 minutes.
- Add pasta and kale and cook for an additional 10 minutes or until pasta is cooked
- Remove from heat, stir in blended cottage cheese. Season with salt and pepper to taste.

TIP: If soup is too thick add small amounts of water until desired consistency.