



Down Syndrome Achievement Centers  
educate. inspire. believe.

GiGi's Kitchen  
Purposeful Programs  
Pasta e Fagioli Soup

## Pasta e Fagioli Soup

### Ingredients

- 2 Tablespoons olive oil, divided
- 1 lb lean ground beef
- 1 ½ cups chopped yellow onion
- 1 cup diced carrots (about 2 medium)
- 1 cup diced celery (about 3 stalks)
- 3 cloves garlic, minced
- 3 (8oz) cans tomato sauce
- 2 cans (14.5oz) low-sodium chicken broth
- ½ cup water, then more as desired
- 1 can (15oz) diced tomatoes
- 2 teaspoons granulated sugar
- 1 ½ teaspoons dried basil
- 1 teaspoon dried oregano
- ¾ teaspoon dried thyme
- ½ tsp dried marjoram
- Salt and freshly ground black pepper
- 1 cup dry ditalini pasta
- 1 can (15oz) dark red kidney beans, drained and rinsed
- 1 can (15oz) great northern beans, drained and rinsed
- Finely shredded Romano or Parmesan cheese, for serving
- 3 T minced fresh parsley





Down Syndrome Achievement Centers  
educate. inspire. believe.

GiGi's Kitchen  
Purposeful Programs  
Pasta e Fagioli Soup

## Instructions

1. Heat 1 Tablespoon olive oil in a large pot over medium high heat, crumble in ground beef and cook, stirring occasionally until cooked through.
2. Drain fat from beef and transfer to a plate, set aside.
3. Heat remaining 1 Tablespoon olive oil in same pot.
4. Add onions, carrots, and celery and sauté over medium-high heat until tender, about 6 minutes
5. Add garlic and sauté 1 minute longer.
6. Add chicken broth, tomato sauce, water, canned tomatoes, sugar, basil, oregano, thyme, marjoram and cooked beef. Season with salt and pepper to taste.
7. Bring to a boil then reduce heat to medium-low, cover with lid and allow to simmer, stirring occasionally, until veggies are soft, about 15-20 minutes.
8. Meanwhile, prepare ditalini pasta according to directions on package, cooking to al dente.
9. Add cooked and drained pasta to soup along with kidney beans and northern beans. Thin with a little more broth or water if desired.
10. Allow to cook 1 minute longer.
11. Stir in parsley.
12. Serve warm with grated Romano or Parmesan cheese

We understand that many people have dietary restrictions. Please ensure that you substitute or omit ingredients for your participant, as necessary.