Recipe

**Pasta Fagioli**

**INGREDIENTS**

1 Medium Onion, Chopped (About 2 Cups)  
1 Tbsp. Olive or Other Vegetable Oil  
6 Tbsp. Tomato Paste  
3 Cups Water  
2 - 15 Oz. Cans Pinto Beans, Rinsed Thoroughly  
2 Cups Clover Valley Lower Sodium Chicken Broth  
½ Tsp. Garlic Powder  
½ Tsp. Italian Spices  
½ Lb. Macaroni or Small Shells  
2 Tbsp. Parmesan Cheese (Optional)

In a large stockpot/saucepan, saute onion in oil over medium heat until translucent. Add water, tomato paste and spices, cook for about 5-10 minutes on high heat. Add beans and broth, bring to a boil, then add pasta. Cook for 10-15 minutes until pasta is al dente (note cooking time of the pasta you are using), stirring frequently. Add extra water or broth as needed. Makes 6 ½ cups total or 5 servings of 1 ¼ cups each. Top with fresh ground pepper and parmesan cheese if desired. Serve with steamed frozen veggies.

**NUTRITIONAL ANALYSIS:**

Per Serving (does not include parmesan cheese)

Calories: 336  
Carbohydrate: 60 g.  
Protein: 15 g.  
Fat: 4 g.  
Sat Fat: 0 g.

Cholesterol: 0 g.  
Sodium: 483 mg.  
Added Sugar: 0 g.  
Fiber: 8 g.

Recipe developed by Mary Felando, MS, RDN, CLS, FNLA using ingredients found at Dollar General (except a fresh onion).  
2021
Recipe

Tuna Pasta Un-Casserole

This is a healthy, convenient twist to a homestyle tuna noodle casserole. You can make this from foods found entirely at Dollar General. Keep extra ingredients in your pantry and have on hand for a last-minute meal.

INGREDIENTS

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 - 5 Oz.</td>
<td>Cans Solid Albacore Tuna In Water, Thoroughly Rinsed</td>
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<tr>
<td>1 - 10 Oz.</td>
<td>Can Campbells or Clover Valley Healthy Request Cream Of Mushroom Soup</td>
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<tr>
<td>1/2 Cup</td>
<td>Nonfat Milk</td>
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<tr>
<td>2/3 Cup</td>
<td>Frozen Peas, Thawed</td>
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<td>1 - 8 Oz.</td>
<td>Can Sliced Mushrooms, Thoroughly Rinsed</td>
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<tr>
<td>1 - Small Jar</td>
<td>Pimentos (If Available At Dollar General)</td>
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<tr>
<td>1/2 Tsp.</td>
<td>Garlic Powder</td>
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<tr>
<td>White Or Black Pepper To Taste</td>
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<tr>
<td>3 Tbsp.</td>
<td>Parmesan Cheese Or Crispy Onions As A Topping (If Desired)</td>
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<tr>
<td>6 Oz.</td>
<td>Egg Noodles, (1/2 Package) Cooked Or Any Other Pasta (About 2-3 Cups Cooked)</td>
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In a microwave safe bowl, combine mushroom soup, milk and garlic powder; blend thoroughly. Stir in mushrooms, peas and tuna. Blend in cooked pasta. Microwave for 4-6 minutes (depends if pasta is hot or cold) until warm. Top each portion with parmesan cheese or crispy onions, if desired.

NUTRITIONAL ANALYSIS:

Per Serving (topping not included in analysis)

One serving is 1/4 the recipe

Calories: 320
Carbohydrate: 40 g.
Protein: 31 g.
Fat: 4 g.

Sat Fat: 1 g.
Cholesterol: 13 mg.
Sodium: 452 mg.
Added Sugar: 0 g.
Fiber: 4 g.

Recipe developed by Mary Felando, MS, RDN, CLS, FNLA. 2021