

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)
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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

3 - 5 Oz. Cans Solid Albacore Tuna In Water,
Thoroughly Rinsed
1 - 10 Oz. Can Campbells or Clover Valley Healthy
Request Cream Of Mushroom Soup
1/2 Cup Nonfat Milk
2/3 Cup Frozen Peas, Thawed
1 - 8 Oz. Can Sliced Mushrooms, Thoroughly Rinsed

1 - Small Jar Pimentos (If Available At Dollar General)
1/2 Tsp. Garlic Powder
White Or Black Pepper To Taste
3 Tbsp. Parmesan Cheese Or Crispy Onions As A
Topping (If Desired)
6 Oz. Egg Noodles, (1/2 Package) Cooked Or Any
Other Pasta (About 2-3 Cups Cooked)

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
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