

SIDE DISH

Pasta Fazul

28 September 2026

TOTAL TIME	SERVES	PER SERVING	CALORIES
45 min	6	\$0.84	344 kcal



Indulge in the comforting delight of Pasta Fazul, a classic Italian dish that brings warmth and satisfaction to any meal. This hearty recipe seamlessly combines the rich flavors of cannellini beans and macaroni, creating a wholesome and nutritious side dish or starter that is perfect for gatherings...

Ingredients

- | | |
|---|--|
| ☐ 2 tablespoons butter | ☐ 14½ ounce whole peeled tomatoes
canned |
| ☐ 2 cups cooked cannellini beans, drained and rinsed | ☐ 1 carrot, finely chopped |
| ☐ 2 teaspoons dried basil | ☐ 2 tablespoons chopped fresh parsley |
| ☐ 3 cloves garlic, minced | ☐ 8 ounces macaroni |
| ☐ 4 tablespoons olive oil | ☐ 1 onion, chopped |
| ☐ 1 teaspoon dried oregano | ☐ ¼ cup grated Parmesan cheese |

☐ 6 servings salt and pepper to taste

EQUIPMENT Frying pan

Method

- 1 In a large skillet, saute garlic, onion, carrot, parsley, basil and oregano in olive oil until onions are tender.
- 2 Add the tomatoes plus 1/4 cup of the can juices and the salt and pepper. Cover and stir frequently, simmering for 10 minutes or until vegetables are tender.
- 3 Add the cannellini beans and cover. Simmer for 20 minutes.
- 4 Cook macaroni according to package directions, drain and toss with butter and Parmesan cheese.
- 5 Add to cannellini bean mixture.
- 6 Serve immediately with additional Parmesan cheese, if desired.

Nutrition per serving

344	11 g	15 g	44 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			4.5 g · 28% of daily needs
Fibre			5.7 g · 23% of daily needs
Sugar			4 g · 4% of daily needs
Sodium			535 mg · 23% of daily needs
Cholesterol			13.7 mg · 5% of daily needs
Vitamin C			10.6 mg · 13% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at whatsheate.com/pasta-fazul-146176