

# White Pasta Fagioli Soup



PREP TIME:  
20 MINUTES

COOK TIME:  
25 MINUTES

TOTAL TIME:  
45 MINUTES

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Recipe type: Gluten Free / Dairy Free / Vegan

Yield: 5-6 Servings

## Ingredients:

- 1 Large Fennel Bulb with Stalks/Stems
- 2 TBSP Olive Oil
- ½ Large Red Onion - Diced
- ½ Small White Onion - Diced
- 5 Cloves Garlic - Minced
- 32 oz. + 8 oz. Organic Vegetable Broth
- 1 ½ TSP Himalayan Sea Salt
- Cracked Pepper to Taste
- 2 15 oz. Cans – Organic Cannellini Beans (Non-BPA Lined)
- 12 oz. Gluten Free Elbow Pasta (**Recommend Jovial Brand**)
- **OPTIONAL:** 2 Cups Chopped Organic Spinach
- **OPTIONAL Meat Version:** 12 oz. Organic Chicken Sausage

## Instructions:

1. Start with fennel bulb. Cut off the fine fern looking leaves. Dice them up and set aside. Keep stem pieces for later.
2. Cut fennel bulb in half and remove the root with a V-Shaped cut (discard root) – keep remainder of fennel for slicing.
3. Slice fennel into slices similar to how would slice an onion – set aside.
4. **IMPORTANT: Keep all remaining pieces of fennel for pureeing later.** Discard the previously cut root portion.
5. In medium/large soup pot – add olive oil and heat on medium. Add onion and cook for 3-5 minutes.
6. Add fennel ferns and garlic – stir another 2 minutes. Add sliced fennel to pot along with 8 oz. of vegetable broth. Simmer on medium/low and let fennel soften about 8-10 minutes.

7. In the meantime, add the remaining fennel pieces, 32 oz broth and 1 can of beans to blender. Blend until smooth and creamy. Add to soup pot.
8. Add salt and pepper to pot. Let simmer on medium/low for 15-20 minutes.
9. Prepare pasta according to directions.
10. Once ready to serve, measure  $\frac{1}{2}$  cupped cooked pasta into soup bowl and ladle in your soup.
11. **Optional:** Add chopped spinach to pot when ready to serve. Lightly stir and serve.
12. **Optional Meat Version:** In a medium sauté pan (coated with 1 TBSP olive oil), add the diced chicken sausage. Cook on medium heat about 8-10 minutes until meat is slightly browned. Add desired amount to soup.

**\*Try and use all organic ingredients if possible.**

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