



Hilary Warner, MPH, RD, LD  
Registered and Licensed Dietitian  
Nutrition Coaching and Consulting  
18 North Main St. Suite 304  
Concord, NH 03301  
[www.nutritionworksnh.com](http://www.nutritionworksnh.com)  
(603) 223-8119

Several years ago, local food writer JM Hirsch was writing a vegan cookbook. Somehow I ended up being a test cook for some of the recipes. This hearty Italian soup was one of them and has become a family favorite. It can be thrown together in as little as 30 minutes, but gets better if it's allowed to simmer.

### **Pasta e Fagioli Zupa**

8 ounces whole wheat penne pasta  
4 cups vegetable or other broth  
1 can fava beans, undrained- please see note below about fava beans  
2 sticks celery, chopped  
3 medium tomatoes, diced or 15 ounce can no-salt-added diced tomatoes, undrained  
1 teaspoon fresh ground black pepper  
2 teaspoons fresh oregano (3/4 t if using dried)  
2 tablespoons extra-virgin olive oil  
2 tablespoons red wine vinegar  
1 teaspoon paprika  
Red pepper flakes (start with ¼ teaspoon and adjust to taste)

Combine all ingredients in a large pot and bring to a simmer. Reduce heat to low, cover and allow to simmer for 30 minutes. Pasta should be very soft when done.

If you have leftovers, you may need to add additional 1-2 cups water or broth.

Note: I always use fava beans but to be honest, they are quite odd. If you are not adventurous in the food department, substitute a 15 ounce can of kidney beans or any combination of your favorite beans.