

# Everything Herbal

by Cheryl Jabz

## Bubbie's Pasta Fagioli

### Herbal Recipe

*A cozy Italian-style soup made with tender pasta, beans, vegetables, and herbs for comforting homemade flavor in every bite.*



#### INGREDIENTS

- 1 lb ground beef or Italian sausage (optional)
- 1 tbsp olive oil
- 1 small onion, diced
- 2 carrots, diced
- 2 celery stalks, diced
- 3 cloves garlic, minced
- 1 can (15 oz) kidney beans, drained
- 1 can (15 oz) cannellini beans, drained
- 1 can (15 oz) tomato sauce
- 1 can (14.5 oz) diced tomatoes
- 4 cups beef or vegetable broth
- 1 cup ditalini pasta

#### HERBS & SEASONING

- 1 tsp dried basil
- 1 tsp dried oregano
- 1 tsp dried parsley
- 1/2 tsp thyme
- 1/2 tsp rosemary, crushed
- Salt and black pepper to taste
- Optional: pinch of red pepper flakes



#### INSTRUCTIONS

- 1 In a large pot, heat olive oil and cook beef or sausage if using. Drain excess grease.
- 2 Add onion, carrots, celery, and garlic. Sauté until softened.
- 3 Stir in tomato sauce, diced tomatoes, broth, beans, and all herbs and seasonings.
- 4 Bring to a gentle boil, then simmer 15–20 minutes.
- 5 Add pasta and cook until tender.
- 6 Taste and adjust salt and pepper. Serve warm.

#### OPTIONAL TOPPINGS

- Grated parmesan
- Fresh parsley or basil
- Extra cracked pepper

#### HERBAL TIP

*Add fresh basil or parsley just before serving for the brightest garden-fresh flavor.*

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