

## ***Peggy's Pasta e Fagioli***

*Peggy writes, "I would like to submit my simple one-pot version of a classic Italian dinner that is always a hit. I grew up on this stuff but did not appreciate it until I was much older. I have tried many variations of this, but this is my favourite."*

### **Ingredients:**

2 tbsp olive oil  
2 cooking onions chopped  
1 clove garlic chopped  
1 can tomatoes (I recommend Unico-San Marzano variety)  
1 can navy (white) beans  
1/2 cup whole wheat elbows  
3 heads of broccoli  
Salt & pepper to taste

### **Directions:**

Sauté onion and garlic in olive oil in a medium to large size pot until soft. Mash tomatoes and add to onions and cook about 10 minutes.

Add can of beans (not rinsed), pasta (make sure mixture is on a low boil), broccoli (cut into spears) and season according to taste.

Let mixture boil slowly until sauce is thickened and broccoli and pasta are cooked (about 30 minutes).

### **Tips:**

Leftovers are great and it even freezes well. Brussels sprouts can replace broccoli.