

Pasta Fazool (Fagioli)

48 Servings

This Italian recipe is a huge hit with the students. We have used the Americanized version of the name, because it is easier to know how to pronounce. We put our recipes on the back of the monthly lunch menus, and during the taste testing in elementary schools, many students told us that their parents had already made the recipe at home and they loved it!

Recipe created by Chef Wynnie Stein, co-owner of Moosewood Restaurant, for the Cool School Food Program of the New York Coalition for Healthy School Food in Ithaca, NY (www.healthyschoolfood.org).

Ingredients:

- 1 lb. whole grain pasta, (shells, penne or fusilli), cooked
- 1 lb. pound bite-sized, chopped kale, with stems removed (NYS farm product)
- 1/4 cup olive oil
- 1/4 cup minced garlic (NYS farm product)
- 2 cups chopped onion (NYS farm product)
- 2 cups chopped celery (NYS farm product)
- 2 cups chopped carrots (NYS farm product)
- 2 cups chopped bell peppers (NYS farm product)
- 1-#10 can crushed tomatoes (NYS farm product)
- 1-#10 can commodity tomato sauce (NYS farm product)
- 1 tablespoon crushed red pepper flakes (NYS farm product)
- 1 teaspoon ground black pepper
- 2 tablespoons dried oregano (NYS farm product)
- 2 tablespoons dried basil (NYS farm product)
- 2 teaspoons ground fennel
- 1 cup water
- 2-#10 cans Navy, White Kidney (Cannellini) or Great Northern Beans, un-drained **or** 12 cups dry beans (24 cups cooked) (NYS farm product)



Poster by Michelle Bando, www.michellebando.com



Photo by NYCHSF

Preparation:

1. Cook pasta until al dente and drain. (Note: pasta should not be too soft as it will need to be re-warmed)
2. Steam kale in combi-oven or on stove top for 10 minutes until just soft but still bright green.
3. Toss the vegetables with the oil and garlic; spread on sheet pans and roast at 350 Fahrenheit for 10 minutes.
4. Add the tomatoes, seasonings, water and beans to tilt kettle and bring to a low boil, reduce to a simmer, add the roasted vegetables and cooked kale and simmer for about 15 minutes
5. Combine warm pasta and sauce.

HACCP: Always wash hands prior to handling food. Wear disposable gloves while handling food. Follow HACCP defrosting and holding procedures. This is a PROCESS TWO recipe.

For one serving: 8 ounces

Nutrition Information:

Calories: 318
Total fat: 2.6g
Saturated fat: 0g
Trans fat: 0g
Protein: 14.2g
Sodium: 462mg
Cholesterol: 0mg

Contributes to NSLP meal pattern:

2 M/MA, ½ cup Vegetable

Note: Adding 4 ounces of pasta to the recipe will result in total of 1 Grain/Bread

Meets Alliance School Meals criteria for legumes, lean protein and low fat entrée. If whole grain pasta is used, meets whole grain criterion.