



**Makes 10 cups**  
**Preparation Time: 25 minutes**  
**Cook Time: 15 minutes**

#### INGREDIENTS:

4 roma tomatoes, cut into large pieces

2 cups dry whole wheat pasta, such as penne, fusilli, or shells

1 tablespoon garlic powder

1 tablespoon onion powder

1 tablespoon dried Italian seasoning, crushed

2 cups frozen vegetable medley of your choice

1 15-oz. can chickpeas, rinsed and drained (1½ cups)

½ teaspoon freshly ground black pepper

1 tablespoon white wine vinegar

Sea salt, to taste

## Vegan Pasta Fagioli

Pasta fagioli is a traditional Italian dish that combines pasta and beans in a flavorful, tomato-forward broth. It's great for clearing out your pantry of straggler ingredients, and our version uses **chickpeas** (but you can substitute any type of canned bean you have on hand) and frozen mixed veggies to keep things extra easy. Start by simmering crushed tomatoes in a medley of Italian spices, then add in your whole wheat pasta of choice until it gets nice and al dente. The final step is to add the chickpeas and veggies, let it simmer to deepen the aromas, and then serve this **slurp-worthy soup** with a sprinkling of fresh parsley on top. Vegan pasta fagioli is the perfect weeknight recipe when you want to cook something simple but don't want to sacrifice the quality of your meal. Buon appetito!

**Tip:** You can customize the texture of this soup's tomato base according to your liking: Blend the tomatoes longer in Step 1 if you like a smooth, thick base. Or leave them a little chunkier if you prefer.

For more nourishing vegan soup recipes, check out these tasty ideas:

- [Winter Squash Soup with Pistachio Gremolata](#)
- [Asparagus, Potato, and Butter Bean Soup](#)
- [Sweet Potato Soup with Cannellini Beans and Rainbow Chard](#)
- [Roasted Red Pepper and Tomato Bisque for Two](#)

By Darshana Thacker Wendel

- 1 In a blender combine tomatoes and 1 cup water. Cover and blend to desired texture. Transfer to a large pot and add 5 cups water. Bring to boiling. Stir in pasta, garlic powder, onion powder, and Italian seasoning. Reduce heat to medium; simmer 5 minutes. (Pasta will be about halfway cooked.)
- 2 Stir in frozen vegetables and chickpeas. Return to boiling; reduce heat. Simmer 8 to 10 minutes more or until pasta is tender. Stir in pepper and vinegar; season with salt. Cook 2 minutes more to allow flavors to blend. Serve warm.