

Pasta con Ceci

“Pasta con Ceci” simply means “Pasta with Chickpeas!” This simple one pan meal is ready in minutes and is a family favorite. Feel free to add any other veggies that you like to this dish.

Makes: 3 Servings

Source: SNAP4CT
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Ingredients

- 3 cloves garlic, peeled and minced (or 1 Tbs pre-minced garlic)
- 3 Tbs tomato paste
- 1 can (15 oz) chickpeas or other white beans, drained and rinsed
- ½ cup dry pasta (elbows work well)
- ¼ cup olive oil (or vegetable oil of your choice)
- 1½-2 cups boiling water

Directions

1. In a large pot or skillet, heat the oil.
2. Add the garlic and cook, stirring until it becomes fragrant, about 1 minute.
3. Stir in the tomato paste and cook for about 30 seconds.
4. Add the chickpeas, pasta, and boiling water. Stir to scrape up any browned bits on the bottom of the pot, lower the heat, and simmer until the pasta is cooked and most of the liquid has been absorbed, about 15 to 20 minutes.

My Cooking Notes



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup

Nutrients	Amount
Calories:	380
Total Fat:	21 g
Saturated Fat:	3 g
Sodium:	210 mg
Total Carbohydrates:	41 g
Dietary Fiber:	7 g
Protein	10 g

Utensils Needed

- Large pot or skillet
- Cutting knife
- Measuring cups and spoons
- Stove
- Stirring spoon
- Serving bowl and fork