

Pasta Fagioli



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Recipe Rating	
Total Time	85 Minutes
Cooking Time	55 Minutes
Total Labour	30 Minutes
Knife Skills	Basic

Equipment
Chef's knife /Cutting Board
Mixing Bowl and Spoon
Colander
Can opener
Measuring Cups and Spoons
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven) or
Tray Service Retherm Cart

Nutrition Facts	
Valeur nutritive	
Per 1 serv (286g) / par 1 serv (286g)	
Amount	% Daily Value
Teneur	% valeur quotidienne
Calories / Calories 180	
Fat / Lipides 5g	8%
Saturated / satures 2g	
+ Trans / trans 0g	9%
Cholesterol / Cholesterol 20mg	
Sodium / Sodium 810mg	34%
Carbohydrate / Glucides 21g	7%
Fibre / Fibres 3g	11%
Sugars / Sucres 7g	
Protein / Proteines 12g	
Vitamin A / Vitamine A	2%
Vitamin C / Vitamine C	500%
Calcium / Calcium	8%
Iron / Fer	20%

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Ground beef	908 g	32 oz.	1.8 kg	64 oz.
1 onion, chopped	140 g	5 oz.	280 g	10 oz.
2 carrots, chopped	120 g	4 oz.	240 g	8 oz.
4 stalks celery, chopped	160 g	5.5 oz.	320	11 oz.
Diced tomatoes, undrained	1.75 L	56 fl. oz.	3.5 L	112oz.
Red kidney beans, rinsed and drained	500 ml	16 oz.	1 L	32 oz.
White kidney beans, rinsed and drained	500 ml	16 oz.	1 L	32 oz.
Beef stock	1 L	36 fl. oz.	2 L	72 oz.
Oregano	15 ml	1 tbsp.	30 ml	2 tbsp.
Black pepper	15 ml	1 tbsp.	30 ml	2 tbsp.
Salt	15 ml	1 tbsp.	30 ml	2 tbsp.
Garlic powder	5 ml	1 tsp.	10 ml	2 tsp.
Italian Seasoning	15 ml	1 tbsp.	30 ml	2 tbsp.
Parsley	25 ml	5 tsp.	50 ml	10 tsp.
Pasta sauce	1.8 L	60 fl. oz.	3.6 L	120 fl. oz.
Pasta	250 ml	8 oz.	500 ml	16 oz.

Method



1. If uncooked, precook ground beef in a skillet until meat is brown. Drain meat. Chop celery, carrots, and onions into small pieces, rinse and drain kidney beans.



2. In a large mixing bowl, combine all chopped and measured ingredients and gently mix with a spoon.

Transfer to two 2" deep half hotel pans that have been prepared with nonstick spray (or coated with butter). Cover with plastic wrap and aluminum foil. Place pan in Multigen for 55 minutes.



3. **Bulk:** remove from Multigen and serve alone or with a side dish.

Cold Plating: allow to cool and plate alone in casserole or a deep dish soup bowl, place lid on top. Place on the hot side of the tray to retherm prior to service.



4. Serve Hot.