

Delicaé Gourmet Product Information

Tarpon Springs, Florida 34688

800-942-2502 - Fax 727-942-1837

48331 Southern Italian Pasta e Fagioli

Frequently served in the finest restaurants this delicious soup has it's origins in the peasant villages of Tuscany.

Just add Chicken Tomatoes and Broth.

Ingredients: Navy Beans, Ditalini Pasta, Dehydrated Vegetables (Carrots, Corn, Onion, Peas, Celery, Mushrooms), Garlic, Thyme, Parsley and Black Pepper.

Ingredients needed

You will need (6 quart slow cooker)

2 lbs. of skinless, boneless chicken thighs

8 cups of low sodium chicken broth

1 14½ oz. can of petite diced tomatoes

1 cup of white table wine (optional) **Do not use cooking wine.**

Cooking Instructions

1. Place the chicken in the bottom of the slow cooker.
2. Rinse and sort the beans then layer over the chicken.
3. Layer the contents of the vegetable and spice packets over the beans.
4. Top evenly with the diced tomatoes.
5. Slowly pour the chicken broth (and wine) over the ingredients. **Do not stir.**
6. Cover and cook on high for 5 to 6 hours or low for 9 to 10 hours.
7. Stir in the contents of the pasta packet 20-30 minutes before serving.
8. With a serving spoon shred the chicken before serving.
9. Salt to taste.

Serving Suggestions

Serve topped with fresh grated parmesan or Romano cheese.

Drizzle with Extra Virgin Olive Oil.

Top with a twist of the pepper mill.

For a spicier dish add red pepper flakes.

Add fresh spinach and/or basil to the broth and allow to wilt before serving.

Serve with warm crusty Italian bread.

Serve with a tossed green salad and Italian dressing.

Stove Top Cooking Instructions: (For those without a slow cooker.)

1. In a large bowl, empty contents of bean packet and cover with water, and let soak for 6 to 8 hours.
2. Drain beans and place in a 4 to 6 quart sauce pot along with water and broth.
3. On low heat, let cook 1 hour, then add vegetable and spice packets and add the can of diced tomatoes.
4. Let simmer for another 30 minutes. Add chicken.
5. Cover and let cook for 1 hour more while stirring and adding more water if needed.
6. When the beans become tender, add contents of the pasta packet and simmer for 30 more minutes until the pasta is done.
7. Add salt and pepper if needed before serving.

Nutrition Facts

Serving Size As Packaged 1.1 oz. (31g)

As Prepared 10.6 oz (302g)

Servings Per Container 12

Amount Per Serving	As Packaged	As Prepared			
Calories	110	200			
Calories from Fat	5	15			
% Daily Value**					
Total Fat 0g*	0%	2%			
Saturated Fat 0g	0%	0%			
Trans Fat 0g					
Cholesterol 0mg	0%	15%			
Sodium 25mg	1%	12%			
Total Carbohydrate 21g	7%	7%			
Dietary Fiber 6g	24%	28%			
Sugars 3g					
Protein 6g					
Vitamin A	60%	60%			
Vitamin C	4%	10%			
Calcium	4%	6%			
Iron	8%	15%			
<small>* Amount in Mix. As prepared, one serving provides 1.5g total fat (0 saturated fat), 45mg cholesterol, 280mg sodium, 22g carbohydrate (7g fiber, 4g sugar) and 23g protein.</small>					
<small>**Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.</small>					
	Calories	2,000	2,500		
Total Fat	Less than	65g	80g		
Sat Fat	Less than	20g	25g		
Cholesterol	Less than	300mg	300mg		
Sodium	Less than	2,400mg	2,400mg		
Total Carbohydrate		300g	375g		
Dietary Fiber		25g	30g		
Calories per gram:					
Fat	9	Carbohydrate	4	Protein	4