West Virginia
Bureau of Senior Services



COOKING DEMONSTRATION

One Pan Italian Pasta with Beans

WHAT YOU NEED

Ingredients

1 Tbsp to 1/4 cup cooking oil

1/4 cup onion, diced

1/4 tsp garlic, minced

1/4 tsp Italian seasoning

1 Tbsp tomato paste

1 cup water

1 cup chicken stock

1/2 cup pasta of choice

1 (15oz) can of kidney beans, drained and rinsed

Salt, pepper, parsley and parmesan cheese, to taste

Materials

Cook top or hot plate

Small sauce pan

Measuring utensils

Knife and Cutting board

Mixing spoon

One Pot Italian Pasta with Beans

Serves: 1

Prep Time: 10 mins
Cook Time: 30 mins

Instructions:

1.



Gather all ingredients and materials. Wash all produce. Measure out all ingredients.

2.



Heat oil over medium-high heat. In the small sauce pan add in onion, garlic, and Italian seasoning and cook for 3-4 minutes or until onions are soft.

3.



Reduce heat to low and add in tomato paste and cook for an additional 3 minutes. Stir occasionally.

4.



Add in water, chicken stock and beans and bring pot to boil.

5.



Once pot is at a rolling boiling, reduce to low and cook until pasta is done 15-20 minutes.

6.



Sprinkle with cheese and parsley. Enjoy.

Nutrition Talking Points for the Instructor

- Beans are a great source of protein.
- Protein foods are foods that contain amino acids.
- Amino acids are build blocks for proteins.
- Proteins come from plants (incomplete) and animals (complete).
- A complete protein (from animal sources) contain all 9 of the essential amino acids where as plant sources of protein do not contain all 9 essential amino acids the body requires.
- When eating planted based proteins, like beans, pair them with whole grains because the whole grains contain the other amino acids that the beans are missing.
- Beans contain protein, fiber, iron, B vitamins, copper, manganese, phosphorus, zinc and potassium.
- Beans are inexpensive, easy to prepare and are healthy.
- One of the benefits to beans is that they help to keep you feeling fuller for longer.
- Our bodies do not have the correct enzyme to process bean completely, our intestines ferment them which leads to gas.
- Humans have been eating beans fore so long that they are believed to be one of the first cultivated plants.
- For this recipe, choice any bean or pasta that you like or have on hand.
- There are thousands of varieties of beans with black beans, kidney, great northern and pinto beans being a few of the most popular.
- The worlds larges bean pod can grow up to 5 feet.
- If you want this recipe to be more like a soup, you can add in more chicken stock and water.