

# Beef and Pasta Stew

Lori Holm

Silverdale, WA. Chamber Of Commerce Favorite Recipes - 1991

*2 teaspoons olive oil  
1 small onion, chopped  
1/4 cup bell pepper,  
chopped  
3 cloves garlic, minced  
1 can (16 ounce) Italian  
tomatoes, chopped  
1 can (16 ounce) kidney  
beans, undrained  
1 1/2 cups fresh Parmesan  
ravioli or tortellini  
1 cup water  
1/2 teaspoon oregano  
1/4 teaspoon black pepper  
1 can (16 ounce) garbanzo  
beans, undrained  
fresh grated Parmesan  
cheese (optional)*

In a medium saucepan, heat the oil. Add the onion, bell pepper and garlic. Saute' over medium heat until soft, about 10 to 12 minutes. Add the tomatoes and kidney beans with their liquid. Bring to a boil.

Add the pasta, water, oregano, basil and pepper. Reduce the heat. Cover and simmer for 10 to 12 minutes until the pasta is tender.

Add the garbanzo beans with their liquid. Simmer until heated through.

If a thicker stew is desired, allow to simmer, uncovered, to reduce the fluid.

Sprinkle with Parmesan cheese, if desired.

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Per Serving (excluding unknown items): 1502 Calories; 23g Fat (13.5% calories from fat); 85g Protein; 250g Carbohydrate; 85g Dietary Fiber; 0mg Cholesterol; 111mg Sodium. Exchanges: 15 1/2 Grain(Starch); 5 Lean Meat; 3 Vegetable; 3 Fat.