



Uploaded to VFC Website

▶▶▶▶ January 2013 ◀◀◀◀

This Document has been provided to you courtesy of Veterans-For-Change!

Feel free to pass to any veteran who might be able to use this information!

For thousands more files like this and hundreds of links to useful information, and hundreds of "Frequently Asked Questions, please go to:

Veterans-For-Change

*Veterans-For-Change is a 501(c)(3) Non-Profit Corporation
Tax ID #27-3820181*

If Veteran's don't help Veteran's, who will?

We appreciate all donations to continue to provide information and services to Veterans and their families.

https://www.paypal.com/cgi-bin/webscr?cmd=_s-xclick&hosted_button_id=WGT2M5UTB9A78

Note:

VFC is not liable for source information in this document, it is merely provided as a courtesy to our members.



BROCCOLI RABE, WHITE BEAN AND FONTINA PASTA

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Ingredients

- ❖ 8 ounce(s) pasta, whole-wheat, fusilli, or whole-wheat shells or chioccioline
- ❖ 1 bunch(es) broccoli rabe, trimmed and cut into 1-inch pieces
- ❖ 1 1/2 cup(s) broth, vegetable, or reduced-sodium chicken broth
- ❖ 1 tablespoon flour, all-purpose
- ❖ 2 tablespoon oil, olive, extra virgin
- ❖ 4 clove(s) garlic, minced
- ❖ 19 ounce(s) beans, cannellini, rinsed
- ❖ 2 tablespoon vinegar, red wine, rinsed
- ❖ 1/4 teaspoon salt
- ❖ 1/4 teaspoon pepper, black ground
- ❖ 1/2 cup(s) cheese, fontina, shredded
- ❖ 2/3 cup(s) bread crumbs, fine, dry, optional



Preparation

1. Bring a large pot of water to a boil.
2. Add pasta and cook, stirring occasionally, according to package directions. Stir in broccoli rabe (or spinach) during the last 2 to 3 minutes. Drain. Dry the pot.
3. Whisk broth and flour in a small bowl until smooth.
4. Heat oil in the pot over medium-high heat. Add garlic and cook, stirring constantly, until fragrant, about 30 seconds.
5. Add the broth mixture and bring to a simmer, whisking constantly, until it thickens, 3 to 4 minutes.
6. Add beans, vinegar, salt and pepper and the pasta and broccoli rabe (or spinach). Cook, stirring, until the mixture is heated through, about 1 minute.
7. Remove from the heat; add cheese, stirring until it melts. Serve immediately, topped with Toasted Breadcrumbs, if using.