Vegan High-Protein Pasta e Fagioli (Hearty Italian Comfort in a Bowl!)

Prep: 10 minutes • Cook: 30 minutes

A cozy, tomato-rich Italian soup loaded with hearty pasta, aromatic herbs, and tender vegetables, boosted with vegan sausage for satisfying, high-protein comfort. Each spoonful is savory, warming, and deeply nourishing.

Ingredients

• 8 oz brami pasta (or high-protein lupini bean pasta)

• 1 tablespoon olive oil (or water)

• 2 stalks celery stalks (chopped)

• 2 carrots (diced)

• 1 yellow onion (finely chopped)

• 4 cloves garlic (minced)

• 1 cup vegan sausage or vegan ground crumbles

• 14 oz can diced tomatoes

• 2 tablespoons tomato paste

• 1 teaspoon dried oregano

• 1 teaspoon dried thyme

• 1 teaspoon dried basil

• 1/2 teaspoon red pepper flakes (optional)

• 1 bunch (about 2 cups) kale (chopped)

• 4 cups vegetable broth

• to taste salt

• to taste black pepper

• a few tablespoons fresh basil or parsley (chopped, for garnish (optional))

• as desired vegan parmesan (optional, for serving)

• 1 can white beans or cannellini beans (rinsed and drained, optional add-in)

Instructions

1. Heat olive oil (or a splash of broth) in a large pot over medium heat. Add onion, celery, and carrots; cook until softened, 5–6 minutes.

2. Add garlic and sauté 1 minute until fragrant.

3. Stir in vegan sausage or ground crumbles; cook until lightly browned, breaking apart with a spoon.

4. Add tomato paste and cook 1–2 minutes to caramelize. Stir in diced tomatoes, dried oregano, dried thyme, dried basil, and red pepper flakes (if using).

5. Pour in vegetable broth and bring to a simmer; cook about 15 minutes to meld flavors.

6. Add brami (lupini) pasta directly to the pot; simmer until al dente, about 8–10 minutes. (Alternatively, cook pasta separately and add before serving.)

7. Stir in chopped kale; simmer 2–3 minutes until wilted.

8. Season to taste with salt and black pepper. Serve hot, garnished with fresh basil or parsley and vegan parmesan, if desired.

Tags: Vegan, Italian, Soup, One Pot, High Protein, Pasta