

Pasta e Fagioli

PREP TIME	15 mins
COOK TIME	35 mins
TOTAL TIME	50 mins
SERVINGS	4 to 6 servings

Ingredients

- 3 tablespoons extra virgin olive oil
- 1 cup chopped onion
- 1 large carrot, peeled and chopped
- 1 large celery stalk, chopped
- 2 large cloves garlic, minced
- 1/4 teaspoon chili flakes
- 1 teaspoon Italian seasoning
- 6 cups chicken stock (or vegetable stock for a vegetarian option)
- 1 cup chopped peeled tomatoes, fresh or canned
- 1/2 pound ditalini pasta
- 2 15-ounce cans cannellini or borlotti beans, drained and rinsed (or 3 1/2 cups freshly cooked beans)
- 1/4 cup chopped parsley
- Kosher salt and black pepper to taste

Method

1. Sauté the vegetables:

Heat the olive oil in a large pot over medium-high heat. Sauté the onion, carrot and celery for 2 to 3 minutes, until its soft and translucent. Add the garlic, chili flakes and Italian seasoning and sauté another minute.

2. Add stock, tomatoes, pasta:

Add the chicken stock and tomatoes and bring to a boil. Add the pasta and keep the soup at a strong simmer.

3. Add beans, parsley:

When the pasta is al dente, add the beans and cook another 2 to 3 minutes. Turn off the heat and stir in the parsley. Add salt and black pepper to taste.