

Pasta e Fagioli

By Domenico Tolomeo

A beloved Italian dish, pasta e fagioli combines al dente pasta with a medley of creamy beans in a rich tomato base, creating a nourishing and satisfying soup.

Yield: 4-6 servings

Prep Time: 15 mins

Cook Time: 1 hr

Ingredients:

- 1 large yellow onion
- 2 medium carrots
- 2 ribs celery
- 70g (1/3 cup) Olitalia Extra Virgin Olive Oil
- 2 cloves fresh garlic, finely grated
- 28oz can Ciao Authentica Crushed Tomatoes
- 32oz (4 cups) vegetable broth
- 1 can (15oz) pink beans, drained and rinsed
- 1 can (15oz) cannellini beans, drained and rinsed
- 1 can (15oz) red kidney beans, drained and rinsed
- 1 can (15oz) roman beans, drained and rinsed
- 3 stems each of fresh rosemary, thyme, and oregano, tied in a bundle
- Salt and pepper, to taste
- 2 cups water
- 2-3 cups short-cut pasta (ditalini, pipette, small shells, etc.)
- 2 medium Parmigiano Reggiano rinds, approx. 80g total (optional)
- 1 cup chopped kale (optional)



Instructions:

1. Finely dice the onions, carrots, and celery and place to the side.
2. In an 8oz stock pot, add the Olitalia EVOO and heat over medium heat for 1-2 minutes.
3. Add in the finely diced vegetables and cook for about 15 minutes over low-medium heat or until soft. (Pro Tip: If you like your soup a little spicy, you can add a pinch of hot crushed pepper).
4. After 12 minutes, add the garlic and stir.
5. After the vegetables have softened, add the Ciao Authentica Crushed Tomatoes, vegetable broth, all beans, your bouquet of herbs, salt, and pepper.
6. Pro Tip: For a richer/creamier flavor, add in 2 Parmigiano Reggiano rinds, leave them in for 20-30 minutes, then remove.
7. Let simmer over low-medium heat for approximately 40 minutes uncovered, stirring occasionally, until the beans are a bit soft but not mushy.
8. After about 20 minutes of cooking, add 2 cups of water and stir.

9. When there are 10-12 minutes remaining, add in the pasta and cook until al dente.
10. Pro Tip: For a heartier meal, you can add in 1-2 cups of roughly chopped kale at this time.
11. Garnish your soup with fresh rosemary, grated Parmigiano Reggiano, and a drizzle of Olitalia EVOO. Serve and enjoy!