

## Italian Pasta Fasoola (macaroni and beans)

Always a crowd pleaser especially on a fall day! Serves 2

8 oz pasta of your choice  
16 oz can crushed tomatoes  
4 oz red wine (optional)  
16 oz can red or white kidney beans  
1 medium onion chopped coarsely  
3 cloves garlic chopped coarsely  
3 TBS extra virgin olive oil  
1 large bay leaf broken in two  
2 stalks of celery w leaves chopped coarsely  
1 small bunch of flat leaf parsley leaves only chopped coarsely OR 1 tsp dried  
1 small bunch of sweet basil leaves only chopped coarsely OR 1 tsp dried  
1 tsp ground fennel seeds  
3 -inch chunk of Parmigiana-Reggiano freshly grated  
Salt and pepper to taste



Cook pasta according to package directions. Drain, mix a teaspoon of the olive oil into the pasta to prevent sticking and keep warm.

In a saucepan with a lid, sauté the onions and garlic in remaining olive oil until wilted. Add the tomatoes and the rest of the ingredients except the FRESH parsley, basil and cheese. You can add dried herbs if using. Bring to a boil with the lid on and simmer for 30 minutes Then add the fresh basil, parsley and wine. Drain the beans, add to the pot. Let sit for 10 minutes. Add salt, pepper and cheese and serve with crusty garlic bread.

Enjoy!