Pasta Fagioli Soup

Description

Pasta Fagioli soup (pasta e fagioli) translates as pasta with beans in Italian. This classic Italian soup makes a perfect first course or starter. And you can make a full meal with this hearty soup, just add a nice crusty Italian bread.



Summary

Yield: 8
Prep Time: 5 minutes
Category: Soups
Cuisine: Italian

Ingredients

- 2 cans cannellini (15 oz each), drained and rinsed
- 1/4 cup pancetta, diced
- 1 qt chicken stock
- 2 cups water
- 1 cup zucchini, chopped
- 1 medium yellow onion, finely chopped
- 2 tbsps olive oil
- 1 cup canned crushed tomatoes
- 1 stalk celery, finely chopped
- 1 carrot, finely chopped
- 1 1/2 cups ditalini pasta
- 1 tsp kosher salt
- 2 dried bay leaves
- 2 sprigs fresh rosemary
- 1 tsp thyme
- 1 tsp oregano
- 2 cloves garlic, minced
- 1 tsp fresh ground pepper

Instructions

Heat the olive oil in a large stock pot (or soup pot). Add the pancetta and sauté until it begins to brown. Add the bay leaves, oregano, thyme and rosemary, stir.

Add the onion, carrots, zucchini, and celery. Continue to sauté for 6 to 7 minutes. Add the garlic and cook for another minute.

Stir in the cannellini beans, crushed tomatoes and chicken stock and water. Add the Kosher salt and fresh ground pepper, bring the mixture to a full boil, then add the ditalini pasta.

Reduce heat to medium and continue to cook for 7 to 8 minutes until pasta is cooked al dente. Remove the bay leaves and rosemary stems, and move the soup pot off of the heat. Allow to rest and cool for a few minutes.

Serve in bowls, can grate fresh Parmigiano cheese on the top.

Notes

Ditalini is the traditional pasta used in Pasta Fagioli. You can substitue other types of dried pasta such as shells or elbow macaroni if you prefer.