

Pasta E Fagioli



About this Dish

Translating to “pasta and beans,” Pasta e Fagioli is a hearty and popular traditional Italian stew. Many variations of the stew exist across Italy, but most include a combination of cannellini beans, navy beans, elbow macaroni, ditalini, and a variety of fresh vegetables. Popularized by everything from Italian immigrants to pop culture and music, in recent decades Pasta e Fagioli has migrated across the globe. One of the most famous references to Pasta e Fagioli is in the lyrics of Warren and Brooks’ hit song “That’s Amore” (popularized by Dean Martin in 1953).

Ingredients

- 2 Tbsp olive oil
- 4 oz pancetta
- 1 large carrot
- 1 medium yellow onion
- 2 ribs celery, diced
- 4 cloves garlic, minced
- 6 cups chicken broth
- 1 can diced tomatoes
- 1 can red beans, drained & rinsed
- 1 tsp dried oregano
- 1 tsp dried basil
- 1/2 tsp crushed fennel seed
- 4 oz elbow macaroni or ditalini
- 1/4 cup grated parmesan

Total time: 45 minutes

Serves: 3-5

Try this!

- Pick up some focaccia and dipping oils to pair with this hearty soup!
- This soup is best served immediately; as it sits, the pasta and beans soak up the broth. Consider boiling pasta separately if freezing any leftovers.



1 PREP INGREDIENTS

Peel and dice onion, carrot, and celery. Crush fennel seeds with a mortar & pestle, and grate parmesan cheese.



2 COOK PANCETTA

Heat olive oil in a 4-5 quart pot over medium-low heat. Add pancetta and cook until the fat begins to render, about 5 minutes.



3 ADD VEGETABLES

Add onions, carrots, and celery and increase heat to medium. Cook, stirring frequently, until onions become translucent, about 5 minutes. Add garlic and cook for 1 additional minute, stirring constantly so the garlic doesn't burn.



4 ADD BROTH AND COOK

Add broth, salt, pepper, beans, tomatoes, fennel, oregano, and basil. Increase heat to high and bring to a boil. Then reduce heat to medium-low and simmer gently, covered, until carrots and celery are tender, about 15 minutes.



5 BOIL PASTA

Remove lid and turn the heat up to a gentle boil. Add pasta and stir to incorporate. Cook until the pasta is al dente, 8 to 12 minutes depending on the type of pasta.



6 FINISH & SERVE

Season to taste with salt and pepper. Ladle the soup into bowls and sprinkle with grated Parmesan.