

Pasta e Fagioli

with Cannellini Beans & Tuscan Kale

Pasta e fagioli (often pronounced “pasta fazool”) is a traditional Italian vegetarian dish made with pasta and cannellini beans. Like polenta and pizza, it was first popular among peasants because of its inexpensive ingredients and simplicity. Recently, as high quality ingredients are becoming more and more readily available, chefs are rediscovering these delicious flavor combinations. This is our interpretation of the classic, prepared simply and with the season’s finest ingredients.



Ingredients

- 6 Ounces Ditalini Pasta
- 1 15.5-Ounce Can Cannellini Beans
- 1 14.5-Ounce Can Diced Tomatoes
- 3 Cloves Garlic
- 2 Stalks Celery
- 1 Bunch Tuscan Kale
- 1 Fennel Bulb With Fronds
- 1 Yellow Onion
- 1 Bunch Rosemary

Knick Knacks

- ¼ Cup Grated Pecorino Cheese
- 1 Teaspoon Spice Blend
(Fennel Powder, Chile Flakes & Ground Bay Leaf)

Makes 2 Servings

About 600 Calories Per Serving

Cooking Time: 25 to 35 minutes



1



Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Drain and rinse the beans. Peel and thinly slice the garlic. Thinly slice the celery. Peel and small dice the onion. Remove and discard the kale stems; roughly chop the leaves. Pick off some of the fennel fronds (the green, thread-like tops of the plant); roughly chop. Separate the fennel bulb and stems; thinly slice the stems. Halve the bulb lengthwise; remove and discard the core. Small dice the bulb. Pick the rosemary leaves off the stems; discard the stems and roughly chop the leaves.

2



Cook the pasta:

Add the **pasta** to the pot of boiling water. Cook, stirring occasionally, 8 to 10 minutes, or until al dente (still slightly firm to the bite). Drain thoroughly and rinse under warm water to prevent the pasta from sticking together. Set aside.

3



Make the garlic chips:

While the pasta cooks, in a large pot, heat 1 tablespoon of olive oil on medium until hot. Add the **garlic** and cook, stirring constantly, 1 to 2 minutes, or until golden brown and crispy. Transfer to a paper towel-lined plate, leaving the oil in the pan. Season the garlic chips with salt. Set aside.

4



Start the soup:

While the pasta continues to cook, heat the pot of **reserved garlic oil** on medium until hot. Add the **celery, onion, fennel bulb and stems, rosemary** and **spice blend**. Cook, stirring occasionally, 5 to 6 minutes, or until the vegetables have softened and the spice blend is fragrant.

5



Add the kale, tomatoes & beans:

Add the **kale, diced tomatoes, beans** and **3 cups of water** to the pot of vegetables. Heat the mixture to boiling on high. Once boiling, reduce the heat to medium-low. Simmer, stirring occasionally, 13 to 15 minutes, or until the liquid has reduced in volume. Remove from heat and season with salt and pepper to taste.

6



Finish & plate your dish:

Add the **cooked pasta** and **all but a pinch of the Pecorino cheese** to the pot of vegetables and beans; stir to thoroughly combine. Divide the **finished soup** between 2 bowls. Garnish with the **fennel fronds, remaining Pecorino cheese** and **garlic chips**. Enjoy!