

Authentic Italian Pasta e Fagioli

Authentic Italian pasta e fagioli

Authentic Pasta e fagioli is a humble, hearty and soul-warming Italian pasta dish that brings back vivid childhood memories of the smell of simmering beans, tomatoes, and garlic. For many Italian families, pasta e fagioli was the meal that could feed everyone on a tight budget. It's the ultimate "cucina povera" dish- poor kitchen. This is the essence of authentic Italian cooking: making the most of simple ingredients to create something unforgettable.

What to use in this Authentic Italian pasta e fagioli recipe

This version of pasta e fagioli stays close to its roots using classic Italian ingredients. I used dry cannellini beans soaked over night. You can use canned beans and add them to the tomato sauce 10 minutes before adding the pasta.

Traditionally, ditalini or small shaped pasta is used, but feel free to experiment with other small pasta shapes. Adding a parmesan rind while the soup simmers is a little trick many Italian cooks use to add more flavor. I use these ingredients for a pasta e fagioli that's filled with all the traditional flavors and textures that bring back those childhood memories in my mama's kitchen.

Ingredients

- 2 cups short dry pasta
- 4 cups cannellini beans
- 4 Tbsp. olive oil
- 2 Tbsp. minced garlic
- 1 cup chopped onion
- 1 cut chopped celery + 1 cup chopped carrots
- 2 cups crushed tomatoes
- 1 cups tomato sauce
- 2 cups water , vegetable or chicken stock
- A few bay leaves
- 1/2 cup chopped Italian parsley
- Salt and pepper to taste

Instructions

1. Start by rinsing and soaking your beans overnight
2. In a dutch oven or stock pot over medium high heat in the olive oil saute the onion and garlic until soft and fragrant. Add the celery and carrots and cook for a few minutes to soften.
3. Add the tomatoes, tomato sauce , stock or water, bay leaves and the beans , simmer covered for 30 minutes or until beans are cooked. Add the pasta and cook 10 minutes longer. Stir in the Italian parsley, ladle into soup bowls top with grated parmesan cheese. ENJOY!!!