Spring Pasta E Piselli

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Of all my childhood pasta dishes this Spring pasta e Piselli was my favorite, and still is!!! It’s a simple vegetarian Italian pasta recipe your whole family will love.

I have fond childhood memories of my mom, two older sisters and I sitting around a wooden picnic table my father build, shelling fresh from the garden Spring peas.

If you don’t have access to fresh peas, frozen peas are a great alternative and can be used when a recipe calls for peas.

As far as pasta shape, any short tubular pasta such as tubetti or ditali works well in this recipe.

My family’s version of Paste e Piselli is vegetarian. You can add pancetta or bacon to the onion mixture, if you want.

The most important ingredients in this few ingredient paste and peas are freshly ground black pepper and freshly grated parmesan cheese.

Why I love this Spring pasta e Piselli recipe

The first and most important reason I love this Spring pasta e piselle (Pasta and peas) recipe is, it’s delicious!!

Not only is this vegetarian pasta dish delicious, the second reason I have had a life long love affair with this Pasta e Piselli recipe it’s super easy, uses few ingredients and my whole family loves it !!

Happy Summer my friends!!! Give this recipe a try and please don’t forget to leave me a comment with your experience. I love hearing from you, it’s my favorite part!!

Ingredients

- 1/2 Lbs. small pasta
- 3 cups peas
- 4 cups Chicken or vegetable stock
- 3 Tbs. olive oil
- 1 yellow onion chopped
- 2 Tbs. minced garlic
- 2 Tbs. chopped Italian parsley
- 1 Tbs. red pepper flakes
- 1 cup grated parmesan
- Salt and freshly ground pepper to taste

Instructions

1. In a medium size stock pot bring the olive oil to medium heat
2. Add the onion, parsley, garlic and red pepper flakes saute until tender, fragrant and just beginning to brown
3. Add the peas saute 5 minutes salt and pepper
4. Add the Stock simmer for 10 minutes
5. Remove 2 cups of the pea and broth mixture and either blend in a blender or use an immersion blender to blend to a smooth consistency. Then return back to the pot.
6. Add the pasta and simmer until the pasta is al dent, about 7 minutes.
7. Add a generous amount of freshly grated parmesan and freshly ground black pepper
8. ENJOY!!!!