



Adventures in Cooking *Debbie Larch*

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Pasta e Fagioli

Pasta e fagioli (translates to “pasta and beans.”)

I assure you that this Italian soup is irresistible, especially if you sprinkle grated cheese on top before eating.

Ingredients:

- 1 cup ditalini pasta
- 2 tablespoons olive oil, divided
- 1 pound spicy Italian sausage, casing removed
- 3 cloves garlic, minced
- 1 onion, diced
- 3 carrots, peeled and diced
- 2 stalks celery, diced
- 3 cups chicken broth
- 1 (16-ounce) can tomato sauce
- 1 (15-ounce) can diced tomatoes
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 3/4 teaspoon dried thyme
- Kosher salt and freshly ground black pepper, to taste
- 1 (15-ounce) can red kidney beans, drained and rinsed
- 1 (15-ounce) can Great Northern beans, drained and rinsed

Instructions:

- In a large pot of boiling salted water, cook pasta according to package instructions; drain well and set aside.
- Heat 1 tablespoon olive oil in a large stockpot or Dutch oven over medium heat. Add Italian sausage to the skillet and cook until browned, about 3-5 minutes, making sure to crumble the sausage as it cooks; drain excess fat and set aside.
- Add remaining 1 tablespoon oil to the stockpot. Stir in garlic, onion, carrots and celery.
- Cook, stirring occasionally, until tender, about 3-4 minutes.



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- Whisk in chicken broth, tomato sauce, diced tomatoes, basil, oregano, thyme, Italian sausage and 1 cup water; season with salt and pepper, to taste. Bring to a boil; reduce heat and simmer, covered, until vegetables are tender, about 10-15 minutes.
- Stir in pasta and beans until heated through.
- Serve immediately.