

Pasta e Fagioli

Yield: 2 ½ Quarts

Ingredients:

1-pound uncooked chicken sausage, casings removed
¼ cup olive oil
2 cloves garlic, minced
1 cup brown onion, chopped
1 cup carrots, chopped
1 cup celery, chopped
2 teaspoons dried oregano
1 teaspoon dried thyme
1 pinch red pepper flakes
2 teaspoons Kosher salt
2 tablespoons tomato paste
1 (28-ounce) can crushed tomatoes
1-quart chicken stock
½ cup water
1 (15-ounce) can cannellini beans, rinsed and drained
1 (15-ounce) can red kidney beans, rinsed and drained
½ cup pastina (small pasta, shells)
½ cup grated parmesan cheese
handful of fresh Italian parsley, chopped fine



Step 1: In a large pot begin cooking chicken sausage over medium-high heat. Use a large spoon to break up the pieces. Once the chicken is cooked add olive oil, onions, carrots, celery, oregano, thyme, salt and red pepper and sauté it all together stirring well insuring you aren't burning the veggies but that they are softening. This should take about 10 minutes. Add the tomato paste and mix it in well.

Step 2: Carefully add the crushed tomatoes, water and chicken stock and bring mixture to a boil. Taste for seasoning and adjust accordingly. Reduce heat to a simmer and add the rinsed and drained beans. Loosely cover pot and allow soup to simmer for a half hour before adding the pasta (I used baby macaroni but you can use any mini-pasta). Cook pasta until al dente and serve immediately topping with grated parmesan cheese and parsley.

