

The OG Pasta Fasul AKA Pasta E Fagioli

Ingredients:

2 Tbsp olive oil, divided
1 lb hot or mild Italian sausage
1 yellow onion, chopped
2 medium carrots, diced
3 celery sticks, diced
4 cloves of garlic, minced
1 Tbsp red chili flakes, optional
2 Tbsp tomato paste
2 (8oz) cans tomato sauce
1 quart low-sodium chicken stock
1/2 cup water, then more as desired
1 (15 oz) can diced tomatoes
2 Tbsp Italian seasoning
Salt and pepper to taste
1 cup dry ditalini pasta
2 (15 oz) cans great northern beans, drained and rinsed
Parmesan rind, optional
Finely shredded Romano or Parmesan cheese, for serving
2 Tbsp fresh parsley, minced
2 Tbsp fresh oregano, minced

Instructions:

In a stock pot of boiling salted water prepare ditalini pasta according to directions on package, cooking to al dente.

In another large pot, heat 1 Tbsp olive oil over medium high heat, crumble in sausage and cook, stirring occasionally until cooked through. Drain fat from sausage, but try and keep at least 1 Tbsp in the bottom. Transfer sausage to a plate, set aside. Add in remaining 1 Tbsp olive oil in the same pot. Add chili flakes, onions, carrots, and celery and sauté over medium-high heat until tender, about 6-8 minutes, add garlic and sauté 1 minute longer. Add in tomato paste, and stir the paste until it turns to a “brick red” color.

Add chicken stock, tomato sauce, water, canned tomatoes, Italian seasoning, cooked sausage, beans, and then season with salt and pepper to taste. (Add in Parmesan rind, this is optional but adds more flavor to the soup.) Bring to a boil then reduce heat to medium-low, cover with lid and allow to simmer, stirring occasionally, until veggies are soft, about 10-15 minutes. Thin with a little more stock or water if desired.

Stir in parsley, and garnish with cheese and oregano. Serve with crusty bread for dipping!