

Pasta e Fagioli (Family)

Source: *Joseph D'Attilo*

Modified by: *Michael D'Attilo*

Ingredients

Mild-Moderate Olive Oil

~1 tsp minced garlic

~1 tbsp red pepper flakes

(Better if seeds are taken out)

1/2 vidalia onion, diced

2 potatoes, cubed

4 celery stalks, sliced

4 carrots, sliced

2 small plum tomatoes, diced

2 quarts vegetable broth

3 cans Cannellini beans

(For best effect, use dry beans and cook with small pork pig's knuckle)

(If you DO use canned beans, add 1 can of bean liquid to soup)

1 can corn kernels, drained

(For best effect, cook corn kernels separately)

1/2 bunch parsley, minced

Pasta *(Small, discreet shape, such as elbows or broken linguini)*

(If you have a cheese rind saved up, drop it into the soup before it starts to boil)

Sauté garlic and red pepper flakes in a generous amount of olive oil. When oil begins to turn red around pepper, add onions, then potatoes, then celery and carrots. Add diced tomatoes for the last few minutes of cooking.

Add soup stock, beans, and corn. Simmer for about 20 minutes: you want to serve with the vegetables slightly firm. Add parsley just before serving.

Serve soup with pasta, to be added for individual taste. Heavily salt pasta water, as there is no salt in soup. *(salt less if you used store-bought broth.)*

If soup is not salty enough, or you did not add extra salt to pasta water, cheese or table salt can be used for flavor. This soup packs, freezes, and reheats well: just **make sure you don't leave the pasta in the soup**. Cook pasta fresh when reheating.

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