

Pasta Fazool (Pasta e Fagioli)

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Dean Martin sang about pasta fazool in the well-loved song, "That's Amore": "When the stars make you drool just like pasta fazool, that's amore!" An Italian-American favorite with as many variations as there are immigrants, the mainstays are beans and pasta. Here is our family's recipe that developed over the years in our Washington home.

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| 8 ounces (1 1/4 cups) dried canellini beans or navy beans | 1 cup peeled and chopped carrots (about 2 medium-size) |
| 2 tablespoons olive oil | 8 cups chicken stock (or 4 14-ounce cans low-sodium chicken broth plus water to make 8 cups) |
| 3/4 cup chopped onion (about 1 medium-size) | 3/4 cup ditalini or tubetini pasta, may be called salad macaroni |
| 3 garlic cloves, minced or put through garlic press | 1 teaspoon salt (or to taste) |
| 1 tablespoon dried parsley | 1/2 teaspoon fresh ground pepper grated |
| 1 teaspoon dried oregano | Parmesan or Romano cheese to taste |
| 1/2 teaspoon dried basil | |
| 1 14-ounce can Italian peeled tomatoes diced in purée, including juice | |

Rinse the beans and pick them over to remove any grit. Place in a bowl, add 4 cups water, cover, and soak overnight. Drain and discard the water the next day. Place the beans in large pot and add plenty of water. Bring the water to a boil, reduce heat, and simmer until the beans are almost tender, about 1 hour. Drain and discard the water, reserving the beans.

Heat the olive oil in large pot or Dutch oven over low heat. Add the onion and sauté, stirring, until it is very soft and translucent but not brown, about 25 minutes. Add the garlic and cook 1 to 2 minutes longer. Stir in the parsley, oregano, and basil. Add the undrained tomatoes, carrots, chicken stock, and reserved beans. Bring to a boil, then reduce heat to low and simmer uncovered for 45 minutes.

Add the pasta, salt, and pepper to the bean mixture and cook 10 to 15 minutes, depending on the pasta package directions, until the pasta is al dente. Serve in soup bowls with a bowl of grated Italian cheese at the table.

Recipes from *Cooking Healthy Across America*, Kristine Napier, M.P.H., R.D., Editor
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SERVES: 8

Hands-on time: 15 minutes

Standing time: soak beans 8 to 12 hours

Cooking time: 1 hour, 30 minutes

VARIATION

A delicious adaptation of this recipe is to add chopped pancetta or a ham hock with the onion, and proceed with the recipe. If the ham does not fall off the bone into bite-sized pieces, simply remove the bone before adding the pasta, cut the ham into pieces, and return the meat to the broth.

COOK'S TIP

If you prefer a vegetarian soup, substitute vegetable broth for the chicken stock.

NUTRITION PER SERVING

Serving size	1 cup
Calories	200 kcal
Fat	6 g
Saturated fat	1.5 g
Cholesterol	5 mg
Sodium	410 mg
Carbohydrates	28 g
Dietary fiber	9 g
Protein	11 g