



ITALY

LUNCH

PRINTABLE RECIPE PDF

Italian Pasta e Fagioli

Pasta e Fagioli, or pasta with beans, is a traditional Italian dish that highlights the Italian affinity for using simple ingredients to create comforting

PREP

20 min

COOK

40 min

SERVINGS

4

DIFFICULTY

Medium

SHOPPING LIST

Ingredients

- 1 cup dried cannellini beans - soaked overnight
- 2 tablespoons olive oil - extra virgin
- 1 medium onion - finely chopped
- 2 cloves garlic - minced
- 2 medium carrots - diced
- 2 stalks celery - diced
- 1 can crushed tomatoes - 400g can
- 4 cups vegetable broth
- 200 grams small pasta - like ditalini or elbow
- 1 teaspoon dried oregano
- 1 teaspoon salt - or to taste
- 1 teaspoon black pepper - or to taste
- 1/4 cup fresh parsley - chopped, for garnish

WHY THIS WORKS

About this recipe

A printable Italian Pasta e Fagioli recipe PDF with ingredients, cooking times and step-by-step instructions.

MEDITERRANEAN NOTE

Pasta e Fagioli, or pasta with beans, is a traditional Italian dish that highlights the Italian affinity for using simple ingredients to create comforting meals. This dish has roots in peasant cooking, providing nourishment and

ORIGIN & TRADITION

Mediterranean context

Pasta e Fagioli, or pasta with beans, is a traditional Italian dish that highlights the Italian affinity for using simple ingredients to create comforting meals. This dish has roots in peasant cooking, providing nourishment and flavor from humble beans and pasta, and is often enjoyed during the cooler months as a filling lunch.

METHOD

Step-by-step instructions

1

In a large pot, heat the olive oil over medium heat. Add the chopped onion, garlic, carrots, and celery. Sauté until the vegetables are soft and the onion is translucent, about 5-7 minutes.

2

Add the soaked cannellini beans, crushed tomatoes, vegetable broth, oregano, salt, and pepper to the pot. Bring to a boil, then reduce heat and let simmer for about 30-35 minutes, until the beans are tender.

3

Stir in the pasta and cook according to package instructions until al dente. Add more broth if necessary to achieve desired consistency.

4

Once cooked, serve hot, garnished with fresh parsley.

CHEF'S TIP

To enhance the flavor, you can blend a portion of the soup and then mix it back, creating a creamy texture while keeping some beans whole for bite.

NUTRITION PER SERVING (EST.)

Calories	350 kcal	Fat	8 g
Protein	12 g	Fiber	15 g
Carbohydrates	60 g	Sodium	600 mg

SERVING SUGGESTION

Serve with a drizzle of high-quality extra virgin olive oil and a side of crusty bread for dipping.

PRINTABLE MEDITERRANEAN RECIPE PDF

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