

Italian Bean and Pasta Soup

Maggie Stuckey - Portland, OR - adapted from "Soup Night"
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Servings: 8

Yield: 10 cups

*1 pound (three cups) dried cranberry
or pinto beans, picked over and rinsed*
10 cups water
*1/2 cup + 2 tablespoons olive oil,
divided*
2 medium onions, chopped
2 teaspoons salt, divided
2 medium carrots, chopped
2 stalks celery, chopped
5 cloves garlic, finely chopped
*1/4 cup fresh flat-leaf parsley,
chopped*
1 teaspoon dried rosemary, crumbled
1/4 teaspoon black pepper
*1 piece Parmigiano Reggiano rind
(roughly 2x3-inches) (optional)*
*2 cups dried ditalini pasta, cooked
and tossed with oil*
olive oil (for drizzling)

Bring the beans and water to a boil in a large heavy soup pot and boil for 2 minutes. Remove from the heat, cover, and let stand for two hours. Do not drain.

Heat 1/4 cup of olive oil in a large pot or Dutch oven over medium-high heat. Add the onions and 1/2 teaspoon of salt. Saute' for 8 minutes. Add the carrots, celery, garlic, parsley, rosemary and pepper. Saute', stirring occasionally, for 5 minutes.

Add the beans with their soaking liquid and cheese rind (if using) and simmer, covered, for 1-1/2 to 2 hours until the beans are tender. Remove from the heat and stir in 1/4 cup of oil and the remaining 1-1/2 teaspoons of salt. Let cool.

Remove and discard the cheese rind. Transfer the soup to a blender or food processor and puree'. Return to the pot. (Or use an immersion blender and puree the soup in the pot.) Reheat over medium-low heat, stirring frequently.

Ladle the soup into bowls and top with spoonfuls of pasta and a drizzle of olive oil.

Per Serving (excluding unknown items): 143 Calories; 14g Fat (83.2% calories from fat); 1g Protein; 5g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 559mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 2 1/2 Fat.

Soups, Chili and Stews

Per Serving Nutritional Analysis

Calories (kcal):	143
% Calories from Fat:	83.2%
% Calories from Carbohydrates:	14.7%
% Calories from Protein:	2.1%
Total Fat (g):	14g
Saturated Fat (g):	2g
Monounsaturated Fat (g):	10g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	5g
Dietary Fiber (g):	1g
Protein (g):	1g
Sodium (mg):	559mg
Potassium (mg):	150mg
Calcium (mg):	32mg
Iron (mg):	trace
Zinc (mg):	trace
Vitamin C (mg):	7mg
Vitamin A (i.u.):	5179IU
Vitamin A (r.e.):	517 1/2RE

Vitamin B6 (mg):	.1mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	trace
Riboflavin B2 (mg):	trace
Folacin (mcg):	13mcg
Niacin (mg):	trace
Caffeine (mg):	0mg
Alcohol (kcal):	0
% Deficient:	0.0%

Food Exchanges

Grain (Starch):	0
Lean Meat:	0
Vegetable:	1
Fruit:	0
Non-Fat Milk:	0
Fat:	2 1/2
Other Carbohydrates:	0

Nutrition Facts

Servings per Recipe: 8

Amount Per Serving

Calories 143 Calories from Fat: 119

% Daily Values*

Total Fat	14g	21%
Saturated Fat	2g	9%
Cholesterol	0mg	0%
Sodium	559mg	23%
Total Carbohydrates	5g	2%
Dietary Fiber	1g	6%
Protein	1g	

Vitamin A	104%
Vitamin C	12%
Calcium	3%
Iron	3%

* Percent Daily Values are based on a 2000 calorie diet.