

Pasta Fagioli III

Divas of Dish - Pam Brandon and Anne-Marie Hodges
Palm Beach Post

Servings: 6

4 tablespoons extra-virgin olive oil
1 medium onion, chopped
2 ribs celery, chopped
2 carrots, scrubbed and chopped
coarse salt and cracked black pepper (to taste)
4 cloves garlic, minced
1 tablespoon dried oregano
1 tablespoon dried basil
1 teaspoon fennel seed
1/2 cup dry white wine
1 can (28 oz) crushed tomatoes
1 can (14 oz) cannellini or navy beans, drained and rinsed
1 can (14 oz) dark red kidney beans, drained and rinsed
4 cups chicken or vegetable stock
1 cup cooked elbow pasta
1 cup prepared spaghetti sauce
1/4 cup Parmesan or Pecorino Romano cheese plus more for serving
fresh basil (for garnish)

Heat olive oil over medium-high heat in a large soup pot.

Add the onion, celery and carrots. Saute' until fragrant and softened, about 5 minutes.

Season to taste with salt and pepper.

Add the garlic and saute' for 2 minutes, stirring often.

Add the oregano, basil and fennel seed. Stir to combine.

Pour in the wine and reduce by half, stirring occasionally.

Add the tomatoes and bring to a simmer. Season again with salt and pepper to taste. Add the beans and stock. Simmer, uncovered, for 20 minutes, stirring occasionally.

Add the pasta, spaghetti sauce and cheese. Cover and simmer for 5 more minutes.

To serve, pass with grated cheese and basil.

Per Serving (excluding unknown items): 124 Calories; 9g Fat (71.6% calories from fat); 1g Protein; 7g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 36mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 2 Fat.