

Pasta e Fagioli (Pasta with Beans)

3 tablespoons extra virgin olive oil
1 cup chopped onion
1 large carrot, peeled and chopped
1 large celery rib, chopped
2 large cloves garlic, minced
1/4 teaspoon chili flakes
1 teaspoon Italian seasoning
3 cups chicken stock (or vegetable stock for a vegetarian option)
3 cups water
1 cup tomato sauce, fresh or canned
1 (15-ounce) cans cannellini or borlotti beans, drained and rinsed (or 2 cups boiled beans)
1 cup macaroni or ditalini pasta
1/4 cup chopped parsley
Kosher salt and freshly ground black pepper, to taste

1. Heat the olive oil in a large pot over medium-high heat. Sauté the onion, carrot and celery for 2 to 3 minutes, until it's soft and translucent.
2. Add the garlic, chili flakes and Italian seasoning and sauté another minute.
3. Add the chicken stock, tomato sauce and beans and bring to a boil. Add the pasta and keep the soup at a strong simmer.
4. When the pasta is al dente, cook for another 2 to 3 minutes. Turn off the heat and stir in the parsley. Add salt and black pepper to taste.