

PASTA E FAGIOLI

Prep time: 30 minutes / Cook time: 45 minutes / Skill level: Easy

INGREDIENTS

150g pancetta
1 can crushed tomatoes
1L vegetable stock
1 can white kidney beans
4 ribs celery
4 cloves garlic
3 carrots
1 onion
1 red bell pepper
1 zucchini
2 tablespoons olive oil
3 tablespoons basil pesto
3 tablespoons chopped parsley
1/2 cup grated parmesan cheese
1 cup dry pasta shells
1 teaspoon chili flakes
1 teaspoons sea salt
1/2 teaspoons pepper

EQUIPMENT NEEDED:

Measuring cups and spoons, a pot, knife, cutting board and a cheese grater.

METHOD:

Wash, peel and dice all vegetables into cubes. Dice the pancetta and rinse and drain the beans. Boil the pasta shells for 2-4 minutes to cook them approximately half way through then set aside.

Heat the olive oil over high-heat and add the diced onions and pancetta, cook for 2-3 minutes until onions have become translucent, then add all other vegetables and seasonings, continue to saute for five more minutes.

Add the vegetable stock, crushed tomatoes, beans and parsley. Turn heat to medium-low and simmer for 30 minutes. Add the pasta noodles and basil pesto. Stir thoroughly to combine and let simmer on low heat for five additional minutes. Top with parmesan cheese, parsley and a drizzle of olive oil.



Per 1/4 of recipe: | 519 calories | 23 g fat | 59 g carb | 24 g protein



QUICK TIP

Omit the pancetta to make this dish vegetarian.

Omit the pancetta and parmesan cheese to make this dish vegan.