

Pasta Fagioli

Recipe by: Chef Jonathan Poyourow, RD, LD

Yield: serves 4

Ingredients:

6 ounces pancetta, diced
1 small yellow onion, finely diced
1 teaspoon dried Italian seasoning
1/2 teaspoon red pepper flakes
Kosher salt
3 cloves garlic, minced
1/4 cup dry white wine
2 cups chicken stock
2 15 -ounce cans cannellini beans, drained and rinsed
1 15 -ounce can crushed tomatoes
3/4 cup high fiber ditalini or other small pasta
1 cup grated parmesan cheese (about 2 ounces)
1 cup fresh basil, roughly chopped

Method of preparation:

1. Cook the pancetta in a large Dutch oven over medium heat, stirring occasionally, until the fat has rendered and the pancetta is crisp, about 5 minutes. Remove the pancetta to paper towels to drain, reserving the fat in the pot.
2. Add the onion, Italian seasoning, red pepper flakes and a couple pinches of salt to the pot and sauté, stirring frequently, until the onion is translucent, 8 to 10 minutes.
3. Add the garlic and sauté until fragrant, about 15 seconds.
4. Deglaze the pot with the wine and bring to a simmer, scraping the bottom of the pot with a wooden spoon.
5. Add the chicken stock, beans, tomatoes and 1 cup water to the pot. Increase the heat to medium high and bring to a boil, then reduce the heat to medium low and simmer until slightly thickened, about 30 minutes.
6. Puree the soup with an immersion blender, about 30 seconds, keeping at least half of the beans intact (or puree in a regular blender, then return to the pot).
7. Add the pasta and cook until al dente, 8 to 12 minutes.
8. Stir in the pancetta and half each of the parmesan and basil.
9. Adjust the seasoning, if necessary, and garnish with the remaining parmesan and basil