



## *Pasta e Fagioli*



### **Ingredients:**

- 3 tablespoons extra virgin olive oil
- ¼ teaspoon red pepper flakes
- 4 garlic cloves, thickly sliced
- ¼ cup chopped carrots
- ¼ cup chopped celery
- ¼ cup chopped onions
- ½ tablespoon chopped fresh thyme
- ½ tablespoon chopped fresh rosemary.
- 1 cup chopped yellow bell pepper
- 1 cup chopped green bell pepper
- 1 pound Italian sweet or spicy sausage
- ½ cup white wine.
- 1 cup tomato sauce
- 1 ½ cups chicken or beef stock
- 1 pound canned cannellini beans or white northern beans, drained
- 1 cup of ditalini pasta, elbow pasta, or spaghetti broken into 1" pieces
- 2 tablespoons chopped fresh parsley or chives
- 2 tablespoons extra virgin olive oil (optional)

### **Method:**

1. Warm the oil and red pepper flakes in a saucepan over medium heat for 1 minute.
2. Add the garlic, stir, and cook for 2 minutes.
3. Stir in the carrots, celery, and onions and cook 2 minutes.
4. Add the thyme and rosemary. Stir and cook 2 minutes.
5. Add the yellow and green pepper, stir, and cook 2 minutes.
6. Add the sausage. Stir well while cooking for 3 minutes to break into small pieces.
7. Stir in the wine and cook for 2 minutes.
8. Pour in the tomato sauce and chicken stock. Increase heat to high, stir, and bring to a boil.
9. After reaching a boil, reduce heat to medium-high, stir in the beans, and cook for 2 more minutes.
10. Add the pasta. Cook for 10 more minutes, stirring gently every few minutes.
11. Serve in a pasta bowl, topped with chopped parsley and, optionally, 1 teaspoon of extra virgin olive oil.