

EASY PASTA E FAGIOLI

Recipe courtesy of Karen Dar Woon from Your Secret Chef

Easy to make from ingredients on hand, this dish makes its own creamy sauce in the pan. If you are using tinned tomatoes and beans, remember to wait until the cooking is finished before adding any salt. Canned foods usually have salt added for flavouring. This dish would work with “seasoned” diced/stewed tomatoes, and even with chili style kidney beans. Adding frozen peas or beans at the end of cooking makes for a colourful one-dish meal.

Serves: 1-2

INGREDIENTS

- 2 tbsp olive oil (30 ml)
- 2 cloves garlic, minced
- 1 small onion, chopped
- 1 large tomato, chopped OR large handful of cherry tomatoes, halved
- 1/2 cup cooked or canned navy or 125 ml cannellini or kidney beans
- 1 cups vegetable broth (250 ml)
- 1/2 cup dry white wine (125 ml)
- 1/2 cup small pasta, like elbow macaroni (125 ml)
- 2 tbsp chopped fresh parsley
- Black pepper
- Salt
- Chili flakes, fennel seed, dried mixed herbs

METHOD

Click [here](#) for Karen’s photographed step-by-step for this recipe.

- In a medium sized, deep skillet, heat oil over medium heat.
- Sauté garlic, onion and a large pinch each of chili flakes and fennel seed, for 1 to 2 minutes or until softened but not browned. The fennel seeds will start to make a popping sound.
- Add tomato and sauté for 1 or 2 minutes or until starting to soften. Add the beans; mash slightly with back of the spoon, and stir to combine.
- Stir in broth, wine and; bring to a boil
- Stir in pasta and return to a boil. Simmer for 8-10 minutes or until pasta is nearly al dente.
- Stir in parsley. Season generously with pepper, and a pinch of salt if needed.

TIPS

- If cooking dried beans, make extra, and freeze in single servings. Zip top bags are good for this, as are ice cube trays.
- Use 1/2 tin of diced tomatoes instead of fresh. Transfer the remainder to a jar, and keep for up to 5 days.
- Use dried garlic and onion granules instead of fresh chopped; add to the pan AFTER the tomatoes, to prevent scorching.
- DIY you can eat chickweed? Pick off the tough stems, and chop to use instead of parsley.