

Pasta E Fagioli Soup

written by The Recipe Exchange | October 4, 2015

Ingredients

1 lb lean ground beef or mild Italian sausage
2 Tbsp extra virgin olive oil, divided
1 cup diced carrots (about 2 medium)
1 cup diced celery (about 3 stalks)
3/4 cup chopped yellow onion (about 1/2 of a large)
1 large clove garlic, finely minced
3 (8 oz) cans tomato sauce
3 – 4 cups beef broth
1 cup water
1 (15 oz) can diced tomatoes, undrained
1 Tbsp granulated sugar
1 1/2 tsp dried basil
1 tsp dried oregano
3/4 tsp dried thyme
1/2 tsp dried marjoram
Salt and freshly ground black pepper to taste
1 scant cup ditalini pasta, uncooked
1 (15 oz) can dark red kidney beans, drained and rinsed
1 (15 oz) can great northern beans, drained and rinsed
Romano cheese for serving

Directions

Heat 1 Tbsp olive oil in a large non-stick saucepan over medium high heat, crumble in ground beef or sausage and cook, stirring occasionally until cooked through. Pour beef (along with fat from beef, if you want it to be healthier you can drain the fat) into a bowl, set aside.

Heat remaining 1 Tbsp olive oil in same large saucepan, saute carrots, celery and onion over medium high heat until tender about 4 minutes, add garlic and saute 1 minute longer. Reduce heat to a low, add tomato sauce, beef broth, water, canned tomatoes, sugar, basil, oregano, thyme, marjoram, cooked beef along, then season with salt and pepper to taste. Cover with lid and allow to simmer 30 minutes, stirring occasionally until veggies are soft.

Meanwhile prepare ditalini pasta according to directions on package, cooking to al dente and drained pasta to soup along with kidney beans, great northern beans and an additional 1 cup broth if desired to thin soup, and allow to cook 5 minutes longer.

Serve warm with grated Romano cheese if desired.