

Pasta e Fagioli Soup

Traditional Italian Pasta e Fagioli soup recipe with cannellini beans, vegetables, and pasta. A hearty, comforting dish perfect for cold days.

15	35	50	6	Easy
PREP MIN	COOK MIN	TOTAL MIN	SERVINGS	DIFFICULTY

Pasta e Fagioli Soup

Ingredients

- 2 tbsp olive oil
- 1 onion
- 2 carrot
- 2 celery stick
- 3 clove garlic
- 4 cup vegetable broth
- 1 tsp oregano
- 1 bay leaf
- 1 cup pasta
- 1 tsp black pepper
- 1 cup parsley
- 1 cup parmesan cheese

Instructions

- 1 Prepare the aromatics**

Heat 2 tablespoons olive oil in a large heavy-bottomed pot over medium heat until it shimmers, about 2 minutes. Add 1 diced onion, 2 diced carrots, and 2 diced celery stalks and cook, stirring occasionally, until vegetables are softened and lightly golden, 6-8 minutes.
- 2** Add 3 minced garlic cloves and cook, stirring constantly, until fragrant, about 1 minute. Do not let the garlic brown.
- 3 Build the soup base**

Add 1 can diced tomatoes with their juice and cook, stirring frequently, until tomatoes break down and liquid reduces slightly, 3-4 minutes. Scrape up any browned bits from the bottom of the pot.
- 4** Pour in 4 cups broth and add 1 teaspoon dried oregano and 1 bay leaf. Bring to a boil over high heat, then reduce heat to medium-low.
- 5** Add 1 cup drained and rinsed beans and simmer, partially covered, for 15 minutes. Using a wooden spoon, mash about one-quarter of the beans against the side of the pot to thicken the soup.
- 6 Add pasta and finish**

Increase heat to medium and add 1 cup small pasta. Cook, stirring frequently to prevent sticking, until pasta is al dente according to package directions, typically 8-10 minutes.

- 7 Remove bay leaf and season with 1 teaspoon salt and black pepper to taste. Stir in 1 cup chopped fresh parsley.
- 8 Ladle soup into bowls and serve immediately with grated Parmesan cheese and a drizzle of extra olive oil on top.

Tips

Soak Dried Beans Overnight: If using dried cannellini beans instead of canned, soak them overnight and cook until tender before adding to the soup for better texture and flavor.

Reserve Bean Liquid: When using canned beans, save some of the liquid to add back if the soup becomes too thick during cooking.

Don't Overcook the Pasta: Add pasta during the final 8-10 minutes and cook just until al dente, as it will continue cooking in the hot soup.

Mash Some Beans: Use a wooden spoon to mash about 1/4 of the beans against the pot's side to naturally thicken the soup and create a creamier texture.

Layer the Flavors: Add herbs at different stages – hardy herbs like bay leaves early in cooking, and fresh herbs like parsley just before serving for maximum flavor impact.

Adjust Consistency: The soup thickens as it cools and the pasta absorbs liquid. Keep extra broth on hand to adjust consistency when reheating.

Quality Olive Oil Matters: Use extra-virgin olive oil for cooking and finish each bowl with a drizzle of your best oil for authentic Italian flavor.

Season in Stages: Taste and adjust seasoning throughout cooking, adding salt gradually since canned beans and broth already contain sodium.