

Pasta Fagioli Soup-Your Way

Keep your plate lean, green and incredibly tasty this Winter season!

As esteemed chef and renegade lunch lady Ann Cooper once told me, “winter can still be a glorious time to eat”. No matter where you live (and believe me, it doesn’t get much harder than Utah), you can still find delicious, healthy and sustainable food near you.



My Italian roommate in Florence made some delicious version of this all winter to keep on hand. I say “your way” because you can add pretty much anything from the veggie bin (or freezer in a pinch). Around my house, it also doubles as a “grown up food” that people’s kids love when they come for dinner-especially if you let them top it with a bit of freshly grated parmesan. This is the recipe in its most basic. You can sauté bell peppers, frozen peas, or add chopped swiss chard or spinach depending on the season and what you have available. - *Kate*

½ onion, diced	2 tsp fresh chopped rosemary and/or sage (or 1 tsp each dried)
1 celery rib, chopped	jarred summer tomatoes
1 carrot, chopped	(or a 14.5 oz can of your favorite chopped tomatoes)
2 tbsp olive oil	15 oz. can cannellini beans, rinsed and drained
1 tbsp bouillon concentrate	2/3 cup acini de pepe (or orzo or other small) pasta
4 cups filtered tap water	dusting of freshly grated parmesan or shaved sharp local cheese
salt and pepper to taste	

1. In a dutch oven or medium sized pot, sauté 1st 3 ingredients in the olive oil over medium high heat, stirring frequently, until soft, about 8-10 minutes
2. Add tomatoes, beans, herbs, concentrate and water. Bring to a boil, stirring to make sure all is combined.
3. Reduce to low, cover, and simmer for about 10 minutes. Add pasta and continue cooking about 5-8 minutes, or until al dente.
4. Remove from heat. Taste and adjust seasoning. Serve with a dusting of parmesan.

This soup is even better the next day when the flavors have had a chance to deepen.

Seasonal Recipes brought to you by:
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