

Pasta and Beans in a Tomato Sauce

-Italian 'Pasta e Fagioli'

COST	DIFFICULTY	TIME
CHEAP	EASY	QUICK
AFFORDABLE	MEDIUM	MEDIUM
EXPENSIVE	HARD	LONG



About

Pasta e fagioli is an Italian dish made with pasta and beans. This dish is very similar to Italian ragu, which you can make using mince, pork or spicy sausage instead of the beans, or if you want to make the dish to be soupier like a comforting winter stew, add vegetable stock and water with the tomatoes.

Appliances needed

Hob

**iNSPiRING
FUTURES**

**Barking &
Dagenham**

Ingredients

1 onion
1 carrot
2 sticks of celery
5 cloves of garlic
2 x 400g tinned chopped tomatoes
500g pasta
Salt and Pepper
2 tablespoons olive oil

Optional: 1 chilli and/or cheese to serve on top (see more suggestions below). Use a stock cube and about 300ml water to make a more soupy winter dish (it's up to you - the more water the more soupy!).

Equipment

chopping board
a sharp knife
a large baking dish/oven tray
1 saucepan
1 peeler (or keep the skin on and use a clean wire scrub to just clean the outside of vegetables!)

Method (steps)

1. Finely chop onion, carrot, celery, garlic (and chilli if you want some heat- but it's okay if you don't have all of these ingredients, even just onion is fine!).
2. Heat up a large saucepan and pour in two tablespoons of cooking oil.
3. Add in the onion, carrot and celery and cook on a low heat for 10 mins until the vegetables have softened. Keep stirring as they cook.
4. Add in the garlic and mixed herbs. Cook for another 2 minutes.
5. Pour in the chopped tomatoes and season lightly with salt and pepper.

6. Leave to cook gently on a low heat for 30 minutes. This will develop the flavours.
7. As the sauce is cooking put boiling water in a saucepan to cook the pasta. Shake in some salt for a tastier pasta.
8. Pop your pasta into the water and cook 2 minutes less than the cooking instructions on the package.
9. Pour 200ml of pasta water into the tomato sauce and bring to a bubble.
10. Add in the pasta and the tinned beans
11. Cook for 5 minutes until the pasta is cooked.

Serving suggestions and alternatives

- If you have any hard cheese such as parmesan, pecorino or even cheddar grate a little on top once you have served the spaghetti
- Add some pork sausages, mince or spicy sausage at step 3 to create a smokey ragu.
- Add some chopped parsley to serve for a refreshing flavour, or mix in greens like kale or spinach in the last few minutes of cooking for an iron rich dish!
- For a soupier, stew like dish, dissolve a stock cube in boiling water and add at step 5.

