



Pasta e Fagioli

Preparation Time: 15 mins

Cooking Time: 30 mins

Serves: 6

Difficulty: Ridiculously Easy

INGREDIENTS

1lb/453 grams sweet Italian sausage – break into 1” size balls
1 medium size bottle of V8 Juice
1 yellow/brown onion diced
4-6 celery sticks sliced
4 carrots julienned (see note below on how to julienne)
3 minced garlic cloves
1 can of diced tomatoes
12oz can of kidney beans with liquid
12oz can great northern beans with liquid
1 can of tomato sauce (Aussies note: this is not tomato paste or Heinz Tomato Sauce more like pureed tomatoes)
1 tspn dried thyme
1 tspn dried basil
1 tspn dried oregano
3 tablespoons of white vinegar
1 box of spiral/fusilli pasta
Fresh parmesan

DIRECTIONS

1. In a large pot, add olive oil and cook sweet Italian sausage on medium-high heat then set aside.
2. In separate pot, boil water (add a little sea salt and oil) and cook pasta until al-dente then drain.
3. Leave the juices from the Italian sausage in the pan and add diced onion and cook until soft.
4. Add carrots, celery and garlic and cook until semi cooked through.
5. Add all remaining ingredients except pasta and parmesan.
6. Simmer on medium-low heat for 30 mins - 1 hr. You can do less but it is not as flavorsome.
7. Serve dish by placing some pasta in a bowl and add soup, dress with parmesan.

Note:

- Do not add the pasta to the soup as it absorbs all the juice. Add to the individual bowls when serving.
- Can be made in 30 mins but the longer it simmers the more flavorsome it is.