

Cranberry Bean Pasta Fagioli



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MOLBECK'S
Health & Spice Shop

Total Time: 2 hr 25 min | Prep: 30 min | Cook: 1 hr 55 min | Yield: 4-6 servings | Level: Easy

Ingredients:

5 tablespoons extra-virgin olive oil, plus more for drizzling **
5 cloves garlic, smashed (equals ½ to 1 ½ t. (sm. to lg. size clove) minced per clove or ¼ t. garlic powder * per clove)
1 small onion, roughly chopped
1/4 teaspoon red pepper flakes, or more to taste *
1 teaspoon finely chopped fresh rosemary (1/3 t. dried *)
1 2-ounce piece pancetta (optional) (bacon can be substituted but may be blanched for 2 min. to eliminate smoke flavor)
5 canned whole San Marzano tomatoes, crushed by hand
Kosher salt
3 pounds fresh cranberry beans in pods, shelled (or 1 cup dried cranberry beans *, soaked overnight)
2 bay leaves *
1 piece parmesan cheese rind (ask at deli counter), plus 1/2 cup grated parmesan, and more for topping
2 cups small pasta, such as shells or ditalini *
1 bunch kale, stems and ribs discarded, leaves chopped (or 1 bag frozen *, thawed and squeezed dry)
1/4 cup roughly chopped fresh parsley (4 t. dried *)
Freshly ground pepper *

Directions:

Heat 3 tablespoons olive oil in a large pot over medium heat. Add the garlic, onion, red pepper flakes, rosemary and pancetta, if using, and cook 2 minutes. Stir in the tomatoes and cook 2 more minutes; season with salt. Add the beans, 3 quarts water, the bay leaves and parmesan rind. Cover and bring to a boil, then reduce the heat to low and simmer until the beans are tender, 1 hour 30 minutes to 2 hours.

Uncover the pot and bring the mixture to a boil over high heat. Add the pasta and cook until al dente, about 8 minutes. Add the kale and cook, stirring occasionally, until tender, 5 to 6 more minutes. (The soup should be thick and creamy; thin with water, if necessary.)

Remove the bay leaves, parmesan rind and pancetta, if used. Add the grated parmesan, parsley, the remaining 2 tablespoons olive oil, and salt and pepper to taste. Top with more olive oil and parmesan.

<http://www.foodnetwork.com/recipes/food-network-kitchens/cranberry-bean-pasta-fagioli-recipe.html?oc=linkback>

* available at Molbeck's

** imported from family farm in Greece through local source in Kenosha