

Pasta E Fagioli

- 2 cups small pasta OR broken noodles
- 1 tbsp. olive oil
- 1 large onion, chopped
- 2 medium carrots, chopped
- 2 tsp. minced garlic
- 1/4 tsp. crushed hot pepper flakes
- 1 tsp. each dried basil, rosemary and oregano



- 1 can (28 oz/796 ml) plum tomatoes (undrained), chopped
- 1 can (19 oz/540 ml) kidney beans, drained and rinsed
- 1 can (19 oz/540 ml) chickpeas, drained and rinsed
- 2 tbsp. freshly grated parmesan cheese
- 1/2 cup chopped fresh parsley
- salt and pepper

In a large pot of boiling water, cook pasta until tender but firm; drain. Meanwhile, in a large saucepan, heat oil over medium heat; cook onion, carrots, garlic and hot pepper flakes until tender.

Add basil, rosemary, oregano and tomatoes; bring to a boil. Add beans, chickpeas and cooked pasta; mix gently and simmer for 2 minutes.

Season with salt and pepper to taste. Serve in soup bowls and sprinkle with parmesan, then parsley.

Serves 6 people.