

Italian / Peasant Comfort

Soups & Stews

Traditional Neapolitan Pasta e Fagioli

⌚ Prep: 15m 🔥 Cook: 40m ⏳ Total: 55m 🍽️ 6 servings



MISE EN PLACE / INGREDIENTS [15]

- ☐ 0.5 lb (225g) Ditalini short tube pasta (De Cecco Ditalini)
- ☐ 2 cans (15 oz each) Canned cannellini or white kidney beans, rinsed and drained (Goya or Progresso)
- ☐ 3 oz Finely diced cured pancetta
- ☐ 1 medium Yellow onion, finely diced
- ☐ 2 ribs Celery ribs, finely diced
- ☐ 2 medium Carrots, peeled and finely diced
- ☐ 4 cloves Garlic cloves, minced
- ☐ 1 piece (2-inch) Authentic Parmigiano-Reggiano cheese rind
- ☐ 4 cups Low-sodium chicken broth
- ☐ 1 cup San Marzano crushed tomatoes
- ☐ 1 sprig Fresh rosemary sprig
- ☐ 3 tbsp Extra-virgin olive oil, divided
- ☐ 0.25 cup Fresh flat-leaf parsley, finely chopped
- ☐ 1 tsp Kosher salt
- ☐ 0.5 tsp Freshly ground black pepper

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Ditalini Pasta: De Cecco Ditalini No. 47
Small tubular shape engineered to capture beans in every spoonful. • 📍 Pasta section.

Parmigiano-Reggiano Rind: Fresh Parmesan Cheese Rinds
Releases savory dairy glutamates into broth as it softens. • 📍 Gourmet cheese department.

COOKING SEQUENCE & CHECKPOINTS

- 1

Sauté Pancetta & Mirepoix

⌚ 11 min

Heat 1 tbsp extra-virgin olive oil in a Dutch oven over medium heat and brown the diced pancetta for 5 minutes. Add the finely diced yellow onion, celery, carrots, and minced garlic with kosher salt and black pepper; sauté for 6 minutes until sweet and tender.
✓ Checkpoint: Glossy aromatic base.
- 2

Simmer Broth & Cheese Rind

⌚ 20 min

Add the crushed tomatoes, rinsed cannellini beans, low-sodium chicken broth, rosemary sprig, and Parmigiano-Reggiano rind. Bring to a boil, then simmer gently for 20 minutes.
✓ Checkpoint: Rich, fragrant simmering soup.
- 3

Smash Beans to Thicken

⌚ 2 min

Remove and discard both the rosemary sprig and the softened Parmigiano-Reggiano rind. Use a potato masher to crush roughly half of the cannellini beans against the bottom of the pot to naturally thicken the broth.
✓ Checkpoint: Velvety, creamy stew texture.
- 4

Cook Ditalini in Broth

⌚ 10 min

Stir the ditalini pasta directly into the simmering pot and cook gently, stirring often, for 8 to 10 minutes until the pasta is al dente. Remove from heat, stir in the chopped parsley, and drizzle with the remaining 2 tbsp extra-virgin olive oil before serving.
✓ Checkpoint: Hearty, steaming bowl of pasta e fagioli.

🛡️ **FOOD SAFETY & INTERNAL TEMPERATURE: 212°F (100°C) ACTIVE BOIL FOR LEGUMES & ≥165°F (74°C) FOR CURED PORK/CHORIZO (COOL TO ≤40°F WITHIN 2 HRS)**
Legume, Pork & Rice Food Safety: Dried beans must boil briskly at 212°F (100°C) for at least 10 minutes to deactivate natural phytohaemagglutinin lectins, and any chorizo or pancetta must reach ≥165°F (74°C). Hold hot at ≥140°F (60°C) or refrigerate leftovers to ≤40°F (4°C) within 2 hours to prevent Bacillus cereus growth.

👁️ **MASTER DONENESS CHECKPOINT:**
Thick, velvety bean broth studded with tender ditalini and whole cannellini beans, meant to be eaten with a spoon or fork.

🔍 **WHY IT WORKS:**
Partial Bean Smashing: Mashing half of the cannellini beans directly into the broth releases natural starches that thicken the soup into a creamy stew without cornstarch or flour.

⚠️ **TROUBLESHOOTING:**
The soup turned into a solid paste when resting: Loosen with a cup of hot broth or hot water and a glug of extra virgin olive oil when reheating.