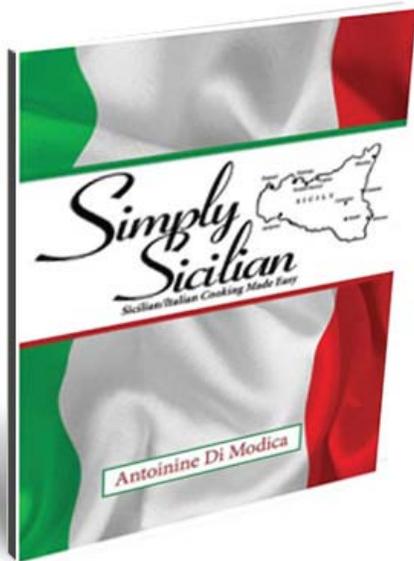


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Pasta e Fagioli

(Pasta with Pinto Beans)



Ingredients

4 cans pinto beans (3 cans drained)
½ cup water
½ lb. small elbow macaroni or ditalini
4 cups water
2 Tablespoons olive oil
1 medium carrot, diced
1 stalk celery, diced
1 medium onion, diced
2 cups chicken broth
2 Tablespoons fresh Italian parsley or
1 tablespoon dry
Red pepper flakes, optional
Parmesan cheese
Salt and pepper, to taste

“This recipe is the “Simply Sicilian” way to cook “pasta fagioli” and still get the same taste and texture of this amazing dish. The best winter dish ever. Truly warms your insides.”



Antoinette “Toni” DiModica, Author, Simply Sicilian

Steps

On a low flame in a 4 quart saucepan put drained beans, water, and chicken broth.

In a fry pan, sauté vegetables, and parsley in olive oil 5 minutes or until tender; then add to saucepan.

In a blender, pulse the remaining can of beans with liquid and the ½ cup of water 2 or 3 times; pour into the saucepan.

Salt and pepper to taste.
Add red pepper flakes if desired.

Cook for 5 minutes on low flame. Bring to a boil and add pasta; cook until pasta is done.

Serve in a soup bowl; add a little olive oil over top and a little Parmesan cheese.

Serves 6 – 8

Buy the book



Simply Sicilian opens up a whole new way to cook Southern Italian food by using simple and basic ingredients and time saving recipes.

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“This is an **amazing cookbook!** The recipes are so easy to follow, and the results are simply fantastic! I love how the author adds personal stories and pictures about her family, and how they enjoy the dishes on holidays and special occasions! It really makes you feel like you're cooking something your Grandmother used to make. I know my family and I will enjoy these recipes for years to come.”

“I am a Sicilian American first generation and I have tried every recipe in this cookbook and it is not only very **easy to follow**, with large lettering, but the recipes are **delicious** and very easy to make. My Sicilian ancestor's would be very proud of me for making these wonderful dishes for my family. Buon Apetito!!!”

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