



The name “Pasta Fazool” originates from the Neapolitan dialect for “Pasta e Fagioli,” which translates to “pasta and beans.” This dish, deeply rooted in Italian cuisine, is a humble yet satisfying meal made from simple ingredients. Once considered a “peasant dish” due to its affordable components, it has evolved into a timeless favorite found on dining tables across the world.

Pasta Fazool typically features small pasta shapes mixed with tender beans in a flavorful broth seasoned with garlic, herbs, and sometimes pancetta or sausage. Despite its simplicity, it delivers complex flavors and a delightful texture that makes every spoonful memorable.

## **Pasta Fagioli Recipe: A Step-by-Step Cooking Guide**

Creating a delicious Pasta Fazool at home is easier than you might think. Here’s a straightforward recipe to help you enjoy this traditional Italian delight.

### **Ingredients:**

- 1 cup small pasta (like ditalini or elbow macaroni)
- 2 cups cooked cannellini beans (or one 15-ounce can, drained)
- 4 cups vegetable or chicken broth
- 2 tablespoons olive oil
- 1 small onion, finely chopped
- 2 garlic cloves, minced
- 1 can (14 ounces) diced tomatoes
- 1 teaspoon dried oregano



- Fresh basil for garnish
- Salt and pepper to taste

### **Instructions:**

1. Heat the olive oil in a large pot over medium heat.
2. Add the onion and garlic, sautéing until fragrant and translucent.
3. Stir in the diced tomatoes, oregano, salt, and pepper. Simmer for 10 minutes.
4. Add the beans and broth, bringing the mixture to a boil.
5. Reduce heat and simmer for 15 minutes to let the flavors meld.
6. Cook the pasta separately according to package instructions. Drain and set aside.
7. Add the cooked pasta to the pot and stir gently.
8. Serve hot, garnished with fresh basil.

## **Essential Pasta Fazool Ingredients for Authentic Flavor**

The key to a flavorful Pasta Fazool lies in the quality of its ingredients. While recipes may vary slightly, here are the essential components that give this dish its authentic taste:

- **Pasta:** Small shapes like ditalini or elbow macaroni work best.



- **Beans:** Cannellini beans are traditional, but borlotti beans can also be used.
- **Broth:** Vegetable or chicken broth adds depth to the dish.
- **Aromatics:** Garlic and onions form the base of the sauce.
- **Herbs:** Oregano, basil, and parsley enhance the flavor.
- **Olive Oil:** A good-quality extra virgin olive oil is essential.

## Barefoot Contessa's Take on Pasta Fagioli: Recipe and Tips

Ina Garten, also known as the Barefoot Contessa, has a well-loved version of Pasta Fagioli that brings a gourmet twist to this classic dish. Her recipe includes pancetta, fresh rosemary, and parmesan cheese, elevating the flavors to new heights.

One tip from Garten's recipe is to use freshly grated Parmesan rind in the broth. This adds a rich umami flavor that makes the dish irresistible.

## Italian Grandma's Pasta Fagioli: A Secret Family Recipe

Nothing beats an Italian grandma's recipe for Pasta Fazool. Passed down through generations, these recipes often feature unique family secrets such as the addition of a splash of red wine, homemade tomato sauce, or a pinch of red pepper flakes for extra warmth.

Grandmas often emphasize cooking with love and patience—allowing the flavors to develop slowly. This attention to detail is what makes their version of Pasta Fagioli so memorable.

## Crafting the Best Pasta Fagioli Recipe at Home



## Ingredients

- 2 tablespoons olive oil
- 1 small onion, finely chopped
- 3 garlic cloves, minced
- 2 celery stalks, diced
- 2 medium carrots, peeled and diced
- 1 can (14 oz) cannellini beans, drained and rinsed
- 1 can (14 oz) red kidney beans, drained and rinsed
- 1 can (14 oz) diced tomatoes
- 4 cups chicken or vegetable broth
- 1 cup ditalini or small shell pasta
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- ½ teaspoon red pepper flakes (optional)
- Salt and black pepper to taste
- Fresh parsley for garnish
- Grated Parmesan cheese for serving

## Instructions

### Step 1: Sauté the Vegetables

- Heat olive oil in a large pot over medium heat.
- Add the onion, garlic, celery, and carrots.
- Cook for 5-7 minutes until the vegetables are softened and fragrant.

### Step 2: Build the Base

- Stir in the diced tomatoes, oregano, basil, red pepper flakes (if using), salt, and black pepper.
- Cook for 5 minutes, allowing the mixture to thicken slightly.

### Step 3: Add the Broth and Beans

- Pour in the chicken or vegetable broth.
- Add the cannellini and kidney beans to the pot.
- Bring to a boil, then reduce the heat to a simmer.



#### **Step 4: Cook the Soup**

- Simmer uncovered for 20-25 minutes, stirring occasionally to allow the flavors to meld.

#### **Step 5: Prepare the Pasta**

- In a separate pot, cook the pasta according to package instructions until al dente.
- Drain and set aside.

#### **Step 6: Combine Pasta and Soup**

- Remove the soup from heat and stir in the cooked pasta.
- Let the soup sit for a few minutes to absorb the flavors.

#### **Step 7: Serve and Enjoy**

- Ladle the Pasta Fagioli into serving bowls.
- Garnish with fresh parsley and sprinkle with [Parmesan cheese](#).
- Serve with warm, crusty bread for a comforting, hearty meal.

## **The Famous Pasta Fazool Dean Martin Recipe: Nostalgia on a Plate**

### **Ingredients**

- 1 ½ cups dried cannellini or great northern beans
- 2 tablespoons olive oil
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 2 celery stalks, diced
- 2 medium carrots, peeled and diced
- 1 can (28 oz) crushed tomatoes
- 1 teaspoon dried oregano
- 1 teaspoon dried basil
- 1 bay leaf
- Salt and black pepper to taste
- 4 cups chicken or vegetable broth
- 1 ½ cups ditalini pasta or small pasta of your choice
- Fresh parsley for garnish



- Grated Parmesan cheese for serving

## **Instructions**

### **Step 1: Prepare the Beans**

- Rinse the dried beans thoroughly and soak them overnight in water.
- Drain and rinse the beans again before cooking.

### **Step 2: Cook the Beans**

- Place the soaked beans in a large pot, cover them with water, and bring to a boil.
- Lower the heat, simmer for about 1 to 1.5 hours, or until the beans are tender.
- Drain the beans and set them aside.

### **Step 3: Sauté the Aromatics**

- In a large soup pot, heat the olive oil over medium heat.
- Add the onions, garlic, celery, and carrots, sautéing until the vegetables become soft and fragrant (about 5 minutes).

### **Step 4: Build the Flavor**

- Stir in the crushed tomatoes, oregano, basil, bay leaf, salt, and black pepper.
- Cook for another 5 minutes, allowing the flavors to meld together.

### **Step 5: Simmer the Soup**

- Pour in the broth and bring the mixture to a boil.
- Add the cooked beans and reduce the heat to a gentle simmer.
- Let the soup simmer uncovered for 30 minutes, stirring occasionally.

### **Step 6: Cook the Pasta**

- In a separate pot, cook the ditalini pasta according to package instructions until al dente.
- Drain the pasta and set it aside.

### **Step 7: Combine and Finish**



- Remove the bay leaf from the soup.
- Add the cooked pasta to the pot, stirring to combine.
- Simmer for an additional 5 minutes to let the flavors blend together.

### **Step 8: Serve and Enjoy**

- Ladle the hot Pasta Fazool into bowls.
- Garnish with fresh parsley and sprinkle with grated Parmesan cheese.
- Serve with crusty Italian bread for a truly nostalgic experience.

## **Turning Pasta Fazool into a Hearty Soup for All Seasons**

Pasta Fazool can be adapted into a hearty soup that's perfect for any season. By adjusting the broth-to-pasta ratio, you can make a thicker, stew-like version for winter or a lighter soup for warmer months.

Adding seasonal vegetables such as zucchini in the summer or butternut squash in the fall can make the dish even more versatile.

## **Why Pasta Fagioli Soup Remains a Timeless Italian Favorite**

Pasta Fagioli soup has stood the test of time due to its comforting flavors and adaptability. It's a dish that brings people together, whether served at a family gathering or enjoyed on a quiet evening at home.

The timeless appeal of Pasta Fazool lies in its ability to evoke warmth and happiness with every bite. Its simplicity and heartiness make it a favorite for generations to come.

In conclusion, Pasta Fazool is more than just a meal—it's a culinary journey into the heart of Italian tradition. By following the recipes and tips shared here, you can create a version that delights your taste buds and warms your soul.

## **Conclusion**

Pasta Fazool is more than just a meal—it's a culinary journey into the heart of [Italian tradition](#). Its simple yet hearty combination of pasta and beans offers a delightful experience that continues to capture the hearts of food lovers worldwide. By using quality ingredients



and following tried-and-true recipes, you can bring a piece of Italy to your own kitchen and enjoy the warm, comforting flavors of this iconic dish.

## FAQs

### **1. What does “Pasta Fazool” mean?**

Pasta Fazool is the Neapolitan dialect for “Pasta e Fagioli,” which translates to “pasta and beans” in English.

### **2. What type of pasta is best for Pasta Fazool?**

Small pasta shapes like ditalini, elbow macaroni, or orecchiette work best for this dish.

### **3. Can I use canned beans for Pasta Fazool?**

Yes, canned beans like cannellini or borlotti are convenient and work well in this recipe.

### **4. How do I thicken my Pasta Fazool soup?**

You can mash a portion of the beans or simmer the soup longer to achieve a thicker consistency.

### **5. Is Pasta Fazool vegetarian?**

It can be! Simply use vegetable broth and skip the pancetta or sausage.

### **6. How long does Pasta Fazool last in the refrigerator?**

It can be stored in an airtight container in the refrigerator for up to 3-4 days.