

Pork & Pasta e Fagioli



Ingredients

1 ½ cups (375 mL) small pasta shapes
1 Tbsp (15 mL) canola oil
1 lb (0.5 kg) lean ground pork
1 cup (250 mL) diced yellow onion
2 cloves garlic, minced
2 large carrots, chopped
2 ribs celery, chopped
5 cups (1.25 L) sodium-reduced chicken broth
1-28 oz (796 mL) can diced tomatoes, undrained
1-19 oz (540 mL) can red kidney beans, drained and rinsed
½ cup (125 mL) tomato passata*
1 tsp (5 mL) EACH dried basil leaves, dried oregano leaves and dried rosemary leaves
Pinch red pepper flakes
¼ cup (50 mL) chopped fresh Italian parsley
Salt and ground black pepper to taste
Freshly grated Parmesan cheese for garnish (optional)

*Tomato passata is an uncooked tomato purée that has been strained of seeds and skins. It has a velvety smooth texture and comes in a glass bottle. If you cannot find it in the grocery isle, substitute 1 part tomato paste mixed with 2 parts water.

Directions

1. In large pot of boiling water, cook pasta until tender but firm; drain. Set aside.
2. In large pot or Dutch oven, heat oil over medium-high heat. Brown pork until no pink remains, breaking up large pieces with spatula, about 15 minutes.
3. Add onion and garlic; stir to combine. Cook until fragrant, about 1 minute.
4. Add carrots, celery, broth, tomatoes, kidney beans and passata. Stir and bring to a boil.
5. Add basil, oregano, rosemary, red pepper flakes and parsley. Stir to combine.
6. Reduce heat to medium. Cook 20-25 minutes or just until carrots are tender crisp.
7. Reduce heat to low. Add pasta; mix gently and allow soup to simmer, about 2 minutes.
8. Season soup with salt and pepper according to taste.
9. Ladle soup into bowls. If desired, sprinkle with Parmesan cheese. Serve immediately.

Additional Info

- **Cut:** Ground pork
- **Prep Time (Minutes):** 20
- **Cook Time (Minutes):** 30
- **Number of Servings:** 4