Bean & pasta soup

About
This soup combines beans and pasta. Because the pasta is made from wheat, pasta and bean soup is a complete, vegetarian source of protein.

In Italy, this soup is known as pasta e fagioli, which means pasta and beans. Some pasta and bean soups are thick and hearty; others are even thicker, like a stew.

The traditional bean used in pasta and bean soup is the cranberry bean, but many other kinds will do.

Ingredients
1/4 cup extra-virgin olive oil, plus more for drizzling over the soup
4 large garlic cloves, minced
2 tsp minced fresh rosemary leaves
1 1/2 cups drained canned whole tomatoes, chopped, salt and ground black pepper
7 cups vegetable stock or water
6 oz small pasta, such as small elbows or tiny shells
4 cups basic cannellini beans or 2 19-ounce cans of cannellini beans.

Directions
Heat the oil in a large soup kettle or stockpot. Add the garlic and rosemary and sauté over medium heat for about 2 minutes.

Add the tomatoes and a generous amount of salt and pepper. Simmer for 3 to 4 minutes, or until the tomatoes soften.

Add the stock or water and bring to a boil. Lower the heat and simmer for 5 minutes, add the pasta to the simmering broth, and cook until almost tender, 7 to 10 minutes, depending on the shape.

Add the cooked beans and simmer for 2 to 3 minutes to blend the flavors and finish cooking the pasta. Adjust the seasonings.

Ladle the soup into warm bowls and drizzle with oil to taste. Serve immediately.

Reference