

Pasta e Fagioli

Serves 2

Ingredients

- 1 × 400 g can cannellini beans (about 240 g beans + liquid; do not rinse)
- 110–120 g dried short pasta (small shells, or short penne)
- 1 T olive oil
- ½ medium onion, finely chopped
- ½ carrot, very finely diced
- ½ celery stalk, very finely diced
- 1–2 cloves garlic, minced
- 120 ml canned tomatoes, chopped (about ½ cup)
- 60–120 ml bean liquid from the can, as needed
- ½ tsp dried rosemary (or 1 tsp fresh, finely chopped)
- Salt + MSG blend, to taste
- Black pepper, to taste

- 80–100 g fresh spinach, stems trimmed (*or frozen – see below*)
- 30 g grated Parmesan cheese (15 g per serving)
- Extra-virgin olive oil, for finishing



Instructions

1. Bring a pot of well-salted water to a boil. Cook pasta until just al dente. Reserve 120 ml pasta water, then drain.
 2. Heat **olive oil** in a wide pan over **medium heat**. Add **onion, carrot, celery**, and a pinch of **salt**. **Cook 8–10 minutes** until soft and lightly golden.
 3. Add **garlic** and **cook 30 seconds** until fragrant.
 4. Add all the **beans** and the **canned tomatoes**. Stir and warm through for **2–3 minutes**.
 5. Add **60 ml bean liquid** and the **rosemary**. **Simmer 5 minutes**.
 6. Mash or blend about one-third of the beans directly in the pan to form a creamy sauce. Add **spinach** and stir just until wilted, **30–45 seconds**. Add more bean liquid or pasta water if needed for a spoon-coating consistency.
 7. Add cooked **pasta** and toss gently to coat.
 8. Remove from heat. Stir in **Parmesan cheese** and adjust seasoning with **salt + MSG blend** and **black pepper**.
 9. Divide between 2 bowls and finish with a drizzle of **olive oil**.
- **Frozen spinach option: 50 g**, thawed and squeezed very dry, added at Step 6.
 - The bean liquid provides starch and body; use gradually rather than all at once.

Nutrition (Per Serving)

Kcal: 505 | Protein: 23 g | Fat: 19 g | Sat. Fat: 6 g | Carbs: 60 g | Sugars: 8 g | Fiber: 11 g | Sodium: 770 mg | Omega-3: 0 g