

Pasta fazool (pasta e fagioli)

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1 pound ground sirloin 1 T. olive oil 1 large onion, chopped 5 garlic cloves, peeled and finely chopped or put through a press 5 stalks celery, sliced crosswise into thin crescents 1 16-ounce can Italian plum tomatoes, cut into ½" thick chunks, plus their juice 2 cans pasta-style tomatoes with spices 1 13-ounce can low-salt chicken broth (I have used the powdered broth and fresh broth) 2 cups water 1 19-ounce can white cannellini beans, drained and rinsed well 1 19-ounce can kidney beans, drained and rinsed well 4 carrots, peeled and cut into thin matchstick strips Salt and freshly ground black pepper to taste Hot pepper sauce to taste ½ pound tubetti (small, tube-shaped pasta), cooked according to package directions and drained ½ cup chopped fresh parsley In a Dutch oven or soup pot, cook the ground beef over medium heat until browned, breaking it into bite-size chunks. Drain through a colander and discard the grease. Set aside meat. Add 1 T. olive oil to the soup pot, add the chopped onion and cook, stirring frequently, until the onion is translucent, about 5 minutes. Add the garlic and cook just until it releases its aroma. Stir in the celery and cook for a minute or two. Add the tomatoes and their juice, the chicken broth and water and bring to a simmer. Add the beans and carrots and return it to a simmer. Taste and season to your liking with salt, pepper, and hot pepper sauce. Stir in the cooked tubetti and parsley and let soup simmer until flavors are well combined, about 30 minutes. Serves 6-8 è scritta in inglese tanto per dare un tocco di esoticità ed internazionalità ad Avenza. Ricetta tipica di Pittsburgh postata da **Flavio**