



Columbia Grain™

CULTIVATING GROWTH™

# RECIPE

## Chickpea Pasta Fagioli

Feeling stuck at home?  
Travel the world from your  
kitchen with this recipe!

### INGREDIENTS

- 1 oz pancetta, diced (optional); or replace with 1 tbsp of olive oil.
- 1/2 onion, yellow; diced
- 3 cloves garlic, grated or minced
- 2 carrots, peeled and diced
- 2 stalks celery, diced
- 2 sprigs rosemary
- 3 sprigs thyme
- bay leaf
- 1 tsp oregano, dried
- 1/4 tsp red pepper flakes, (optional)
- salt and pepper, to taste
- 1/2 cup white wine, dry
- 1 28 oz can tomatoes, crushed
- 32 oz chicken broth, or vegetable broth; low sodium
- 2 cups water
- parmesan cheese rind, (optional, but recommended)
- 3 cups kale, chopped
- 2 15 oz cans chickpeas, rinsed and drained
- 1 1/2 cups pasta, ditalini, shells or cavatelli
- parmesan cheese, for topping the soup, and crusty bread for serving

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### INSTRUCTIONS

1. Heat a large pot over medium-high heat and add the pancetta or oil if not using pancetta. Lightly brown the pancetta then add in the onion, carrots, celery, rosemary, thyme, bay leaf, oregano and crushed red pepper. Season with salt and pepper. Sauté for 2 minutes then add in the garlic and sauté another minute.
2. Pour in the white wine and scrape up any bits off the bottom of the pot with a wooden spoon. Add the crushed tomatoes, broth, water, Parmesan cheese rind, kale and chickpeas. Stir to combine and raise the heat to high.
3. Bring the soup to a boil and add the pasta. Reduce heat to medium and cook the soup for 7-10 minutes or until the pasta is al dente, stirring occasionally. The rosemary and thyme leaves will fall off the stems as soup cooks.
4. When the pasta is al dente remove the herb stems, bay leaf and Parmesan cheese rind from soup. Serve the soup topped with shredded Parmesan cheese and a side of crusty bread.