

Pasta Fagioli with Italian Sausage

- 1½ tbsp (22 mL) olive oil, divided
- 8 oz (250 g) bulk mild Italian sausage
- 1 large onion
- 2 medium carrots
- 2 celery stalks
- 2 containers (10 oz/300 g each) grape tomatoes (about 4 cups/1 L)
- 4 garlic cloves, pressed
- 4 sprigs fresh rosemary
- 4 cups (1 L) chicken stock
- 2 cans (15.5 oz or 540 mL each) cannellini beans, drained, rinsed
- 3 oz (90 g) uncooked ditalini pasta (¾ cup/175 mL)
- ¾ tsp (4 mL) each salt and ground black pepper
- 2 oz (60 g) fresh Parmesan cheese, grated (½ cup/125 mL)
- ½ cup (125 mL) fresh basil leaves, finely chopped



1. Heat ½ tbsp (7 mL) of the oil in **Rockcrock™ (4-qt./3.8-L) Dutch Oven** over medium heat 3–5 minutes or until shimmering. Cook sausage, uncovered, 2–4 minutes or until browned, stirring occasionally and breaking into crumbles using **Mix ‘N Chop**.
2. Meanwhile, chop onion, carrots and celery. Add remaining oil, onion, carrots, celery, tomatoes and pressed garlic to Dutch Oven; cook and stir 2 minutes. Place rosemary into **Herb Infuser**; add to Dutch Oven. Add stock, beans, pasta, salt and pepper.
3. Increase heat to medium-high. Cover and bring mixture to a boil. Reduce heat to medium; cook 8–10 minutes or until pasta is tender.
4. Remove Herb Infuser from Dutch Oven; let stand 5 minutes. Divide soup among serving bowls. Sprinkle evenly with cheese and basil.

Yield: 8 servings servings of 1¼ cups/300 mL

U.S. Nutrients per serving: Calories: 290, Total Fat 14 g, Saturated Fat 5 g, Cholesterol 25 mg, Sodium 940 mg, Carbohydrate 27 g, Fiber 5 g, Protein 16 g