

Classic Italian Pasta e Fagioli

This traditional Italian soup combines simple pantry staples with protein-rich beans and pasta. It's hearty, budget-friendly, and perfect for students seeking a comforting, nutritious meal.



Italian

25 min

Total time

Easy

Difficulty

350

kcal / serving

Ingredients

- 50g dried small pasta (like ditalini or elbow macaroni)
- 100g canned cannellini beans (drained and rinsed)
- 1 small carrot, diced
- 1 small celery stalk, diced
- 1 small onion, finely chopped
- 1 garlic clove, minced
- 1 tbsp olive oil
- 300ml vegetable or chicken broth
- Salt and pepper to taste
- A pinch of dried rosemary or thyme
- Grated Parmesan cheese (optional)

Steps

- 1 Heat olive oil in a small pot over medium heat. Add onion, carrot, and celery and sauté until softened, about 5 minutes.
- 2 Add garlic and cook for 1 minute until fragrant.
- 3 Pour in broth, add beans and dried herbs, bring to a gentle boil.
- 4 Add pasta, reduce heat to simmer, and cook until pasta is tender, about 10 minutes.
- 5 Season with salt and pepper to taste.
- 6 Serve hot, topped with grated Parmesan if available.