



RECIPE OF THE MONTH



Three Fox Vineyards Pasta e Fagioli (Pasta and Bean Soup)

This is a traditional Northern Italian version of pasta and bean soup. It's an easy to prepare "comfort" recipe, perfect for this time of year. Pair with some great bread and a bottle of either Three Fox Gatto Bianco or Volpe. Serves 4. Total preparation time is 30 to 40 minutes.

Ingredients:

2 lbs Cannelini beans (canned)

4 Carrots, diced

4 Stalks Celery, diced

1 Medium Onion, chopped

4 cups Chicken stock

(Knorr's works great. Use vegetable stock for vegetarian version.)

Small can tomato paste

½ Cup Ditalini pasta (very short tube pasta)

White pepper

To simmering stock, add the beans, carrots, celery, and onion. Simmer for 10 minutes. With a slotted spoon pull out about ¼ cup of the beans (some of the vegetables may come with the beans). In a sturdy bowl mash the beans into a

paste. Add this back to the simmering soup and stir well; let simmer over low heat for another 10 minutes, stirring frequently. The starch from the mashed beans helps thicken the soup, which should have a nice creamy consistency when done). Add the ditalini and continue to simmer for 10-12 minutes. Add 2 teaspoons of the tomato paste. This can be done by pulling a generous teaspoon from the tomato paste and then stirring this into the soup to dissolve the paste (do this twice). The color should become pumpkin-like when enough tomato paste has been added. Check the consistency and if not thick enough for your taste, continue to simmer over low heat with constant stirring. Ladle into soup bowls.