



# PASTA AND BEAN STEW

Serves 8 | By Chef Rafaela Carniero

## INGREDIENTS

- 200g mixture of dried beans soaked in water for 8 hrs
- 2 tbsp extra virgin olive oil, plus more for serving
- 100g pancetta, diced
- 1 medium onion, finely diced
- 1 medium carrot, finely diced
- 1 celery stalk, finely diced
- 4 garlic cloves
- 6 basil leaves
- 2 spring parsley
- 1 small green capsicum, halved and seeded
- 1/2 cup white wine
- 4 cups of vegetable stock
- 1 tsp salt
- Salt and pepper to taste
- 1 cup diced or chopped canned tomatoes, with their juices
- 2 bay leaves
- 3/4 cup dried pasta, such as elbow macaroni or ditalini
- freshly grated Parmigiano-Reggiano for serving

## PROCEDURE

- 01** Heat the 2 tablespoons of olive oil in a large pot over medium-low heat. Add the pancetta and cook until the fat begins to render, about 5 minutes. Add the onion, carrot and celery and increase the heat to medium; cook, stirring frequently, until the onions become translucent, about 5 minutes.
- 02** Add the wine and cook until it has nearly evaporated, about 5 minutes.
- 03** Combine the beans with the 3 basil leaves, parsley, 2 cloves of garlic and half of the vegetables, except the tomatoes
- 04** Add the water, salt to taste. Cover and cook slowly over low heat until the beans are al dente, approximately 1 hour.
- 05** In a separate saucepan combine the tomatoes with the remaining ingredients. Cover over low heat for 20 min. Season it.
- 06** Add the tomato mixture to the beans and continue to cook until the beans become firmer.
- 07** Cook your choice of pasta, serve it with the beans stew, grated parmesan on the top, chopped fresh basil and a drizzle of EVO.

