NORTH LONDON WASTE AUTHORITY

Eat like a Londoner



Leftover Pasta e Fagioli (Pasta and bean soup)

This dish is a good one to have in your arsenal for multiple reasons. Its quick and easy to make, jam-packed with veg and a great waste saver as its easily adjustable to whatever ingredients you have available. (It's also delicious!)

This recipe uses courgette, carrots, onions and celery as its main veg, but you can play around with that however you see fit. Got a couple of potatoes lying around in a fridge draw that aren't enough to make a meal with? Chuck them in. Half a bag of spinach needs using before it wilts completely? Perfect - chuck it in.

Similarly I use chickpeas for the protein in this, but you can really use any canned beans or pulses that you like. Cannolini or Butter beans are particularly good!

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Ingredients

- 90ml of oil (ideally olive, but veg oil or a knob of butter will do the job fine to)
- 1 onion, peeled, chopped (keep your peelings for stock!)
- 2 garlic cloves, peeled, chopped
- 2 carrots, chopped into roughly 2cm cubes
- 1 celery stalk, chopped into roughly 1cm cubes
- 1 courgette, halved and cut into 1cm slices
- Mixed herbs (rosemary, thyme or dried oregano will all work)
- 1 litre of veg stock
- 80g of dried pasta or 150g of cooked if using leftovers
- 1 400g can of chickpeas or any bean of your choice
- 1 400g tin chopped tomatoes
- 1 parmesan rind (optional)

Prep time: Less than 30 mins

Cooking time: 30mins-1 hour

Serves: 4

Recipe

1- Heat the oil in a large saucepan over a medium heat. Once hot, add the onion, garlic, carrots and celery (or any other firm vegetables you are using).

2- Fry for around 5-10 mins, or until the veg has started to soften.

3- Add the courgette, herbs and season well. Mix everything and continue to fry for a further 5 mins until all the veg is turning golden-brown.

4- Add the chickpeas, tinned tomatoes, the stock, parmesan rind (if using) and the dried pasta (if using leftover pasta, wait until the end to add or it will overcook) and bring the mixture to a boil

5- Return to a simmer and leave, covered, for around 20mins, or until the veg is tender and the pasta cooked through.

6- Take off the heat. If using cooked pasta, add now and heat for a couple more minutes to make sure everything is warmed through.

7 - To serve, spoon mixture into bowls. Season to taste and garnish with any parmesan, or fresh herbs like parsley if you have them.