

# Sardinia Minestrone

Prep time:

20 minutes (not counting soaking the beans overnight)

Cook time:

60 minutes

Yields:

8 people

Ingredients:

- 1/2 cup dried peeled fava beans
- 1/2 cup dried cranberry beans
- 1/3 cup dried chickpeas
- 2 tablespoons extra-virgin olive oil
- 1 medium yellow or white onion, chopped (about 1 cup)
- 2 medium carrots, peeled and chopped (about 2/3 cup)
- 2 medium celery stalks, chopped (about 1/2 cup)
- 2 teaspoons minced garlic
- 1 (28-ounce) can crushed tomatoes (about 3 1/2 cups)
- 3 medium yellow potatoes, peeled and diced (about 1 1/2 cups)
- 1 1/2 cups chopped fennel
- 1/4 cup loosely packed fresh Italian flat-leaf parsley leaves, chopped
- 2 tablespoons chopped fresh basil leaves
- 2/3 cup of Sardinian fregula, Israeli couscous, or acini di pepe pasta
- salt and pepper to taste
- 1/4 cup finely grated pecorino Romano (about 2 ounces)

Directions:

1. Soak the fava beans, cranberry beans, and chickpeas in a large bowl of water for at least 8 hours or up to 16 hours (that is, overnight). Drain in a colander set in the sink. Rinse well.

**2.** Warm olive oil in a large soup pot or Dutch oven set over medium-high heat. Add the onion, carrots, and celery; cook, stirring often, until soft but not browned, about 5 minutes. Add the garlic and cook until fragrant, about 20 seconds.

**3.** Stir in the tomatoes, potatoes, fennel, parsley, and basil, as well as the drained beans and chickpeas. Add enough water (6 to 8 cups) so that everything is submerged by 1 inch.

**4.** Raise the heat to high and bring to a full boil. Reduce the heat to low and simmer slowly, uncovered, until the beans are tender, adding more water as necessary if the mixture gets too thick, about 1 1/2 hours.

**5.** Stir in the pasta, salt, and pepper. Add up to 2 cups water if the soup seems too dry. Continue simmering, uncovered, until the pasta is tender, about 10 minutes.

**6.** Serve garnished with parmesan cheese.

Chef Mat Shalenko