



Paste e Fagioli with Roasted Garlic

 Very Healthy

READY IN



70 min.

SERVINGS



4

CALORIES



1236 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 14 ounce .5 can cannellini beans canned
- 14 ounce garbanzo beans canned
- 1 carrots finely chopped
- 2 ribs celery finely chopped for optional garnish
- 4 servings cheese such as pecorino or parmesan, for serving grated
- 6 cups chicken stock see
- 1 small head endive chopped
- 5 tablespoons evoo plus more for drizzling

- 2 bay leaves fresh
- 2 sprigs rosemary fresh
- 2 sprigs thyme leaves fresh with the rosemary
- 2 heads garlic
- 0.3 pound guanciale chopped
- 4 servings nutmeg freshly grated
- 1 onion thinly sliced quartered
- 4 servings onion raw minced for garnish, optional
- 0.5 pound mezze rigatoni with lines
- 4 servings salt and pepper
- 2 tablespoons tomato paste
- 0.8 pound veal cooked chopped

Equipment

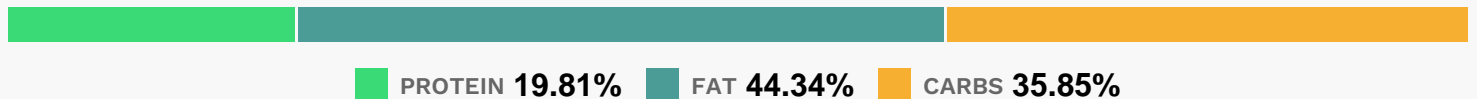
- food processor
- bowl
- oven
- pot
- blender
- aluminum foil

Directions

- Preheat the oven to 425 degrees F.
- Cut the tops off of the garlic heads to expose the cloves.
- Drizzle with EVOO and sprinkle with salt and pepper before wrapping in foil. Roast until soft, 40 to 45 minutes.
- Meanwhile, heat the EVOO in a soup pot over medium-high heat and brown the guanciale, about 3 minutes. Stir in the bay leaves, rosemary, thyme, celery, carrots and onions and sprinkle with salt and pepper. Cook, partially covered, stirring occasionally, until the vegetables are soft, 10 to 15 minutes.

- Pour in the stock and bring to boil, then reduce the heat to a simmer.
- Place 1 cup of the soup in a blender or food processor with the roasted garlic cloves, along 1 tablespoon of the tomato paste and half of the cannellini and garbanzo beans. Process until smooth, adding water if the soup is too thick to blend.
- Transfer back into the soup pot and stir to combine, adding the remaining whole beans.
- Bring the soup back to a bubble.
- Add the veal and escarole and cook until the greens are wilted. Season with a few grates of nutmeg. Cook the pasta in the soup.
- Top bowls of soup with cheese, an extra drizzle of EVOO and celery leaves and onions, if using.

Nutrition Facts



Properties

Glycemic Index:127.04, Glycemic Load:30.65, Inflammation Score:-10, Nutrition Score:56.836086770763%

Flavonoids

Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg, Apigenin: 0.61mg Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg, Luteolin: 0.49mg Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg, Isorhamnetin: 4.13mg Kaempferol: 12.02mg, Kaempferol: 12.02mg, Kaempferol: 12.02mg, Kaempferol: 12.02mg Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg, Myricetin: 0.26mg Quercetin: 17.1mg, Quercetin: 17.1mg, Quercetin: 17.1mg, Quercetin: 17.1mg

Nutrients (% of daily need)

Calories: 1235.98kcal (61.8%), Fat: 61.23g (94.2%), Saturated Fat: 20.26g (126.61%), Carbohydrates: 111.39g (37.13%), Net Carbohydrates: 93.68g (34.06%), Sugar: 14.16g (15.74%), Cholesterol: 142.11mg (47.37%), Sodium: 1786.42mg (77.67%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 61.56g (123.13%), Vitamin K: 284.08µg (270.55%), Manganese: 2.82mg (141.18%), Vitamin A: 5380.78IU (107.62%), Selenium: 61.74µg (88.2%), Phosphorus: 873.18mg (87.32%), Folate: 319.46µg (79.86%), Vitamin B6: 1.57mg (78.61%), Vitamin B3: 14.44mg (72.17%), Fiber: 17.71g (70.83%), Potassium: 2114.12mg (60.4%), Calcium: 587.13mg (58.71%), Copper: 1.09mg (54.71%), Vitamin B2: 0.89mg (52.39%), Zinc: 7.84mg (52.23%), Magnesium: 195.14mg (48.79%), Iron: 8.56mg (47.55%), Vitamin B1: 0.57mg (37.69%), Vitamin B5: 3.27mg (32.68%), Vitamin E: 4.79mg (31.9%), Vitamin C: 22.77mg (27.6%), Vitamin B12: 1.48µg (24.59%)