


HEALTH SCORE **100%**

Venetian-Style Bean and Pasta Soup

 Very Healthy

READY IN

**4500 min.**

SERVINGS

**8**

CALORIES

**421 kcal**

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 teaspoon pepper black
- ☐ 2 medium carrots chopped
- ☐ 2 rib celery chopped
- ☐ 0.8 pound ditalini pasta dried
- ☐ 2.7 cups borlotti beans dried picked over rinsed (cranberry)
- ☐ 1 teaspoon rosemary dried crumbled
- ☐ 0.3 cup flat-leaf parsley fresh chopped
- ☐ 5 large garlic cloves finely chopped

- ☐ 0.5 cup olive oil plus additional extra-virgin for drizzling
- ☐ 2 medium onions chopped
- ☐ 1 roughly 3- by 2-inch piece parmigiano-reggiano rind
- ☐ 1.8 teaspoons salt
- ☐ 10 cups water

Equipment

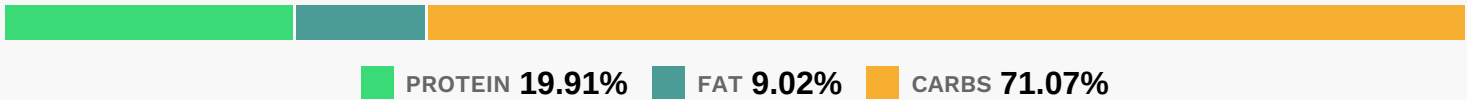
- ☐ bowl
- ☐ ladle
- ☐ pot
- ☐ blender
- ☐ colander
- ☐ pressure cooker

Directions

- ☐ Bring beans and water (10 cups) to a boil in a 4- to 5-quart heavy pot and boil 2 minutes.
- ☐ Remove from heat and let stand, covered, 1 hour. (Do not drain beans or discard soaking liquid.)
- ☐ Heat 1/4 cup oil in a wide 6- to 8-quart heavy pot over moderately high heat until hot but not smoking, then sauté onions with 1/2 teaspoon salt, stirring occasionally, until beginning to brown, 7 to 8 minutes.
- ☐ Add carrots, celery, garlic, parsley, rosemary, and pepper and sauté, stirring occasionally, 5 minutes.
- ☐ Add beans with soaking liquid and Parmigiano-Reggiano rind (if using) and simmer, covered, stirring occasionally, until beans are very tender, 1 1/2 to 2 1/2 hours (depending on age of beans), adding more water if necessary to keep beans covered and stirring more frequently toward end of cooking.
- ☐ Remove from heat and stir in 1/4 cup oil and remaining 1 1/4 teaspoons salt. Cool, uncovered, 20 minutes.
- ☐ Discard rind and coarsely purée soup in batches in a blender (use caution when blending hot liquids), transferring as puréed to a large bowl.

- ☐ Return soup to pot and reheat over moderately low heat, stirring frequently and thinning soup as desired with additional water. Season with salt and pepper.
- ☐ While soup is reheating, cook pasta in a 6- to 8-quart pot of boiling salted water until al dente, then drain in a colander and transfer to a large bowl. Toss with remaining 2 tablespoons oil and pepper to taste.
- ☐ To serve, ladle soup into bowls and top with spoonfuls of pasta, then drizzle with oil.
- ☐ Cooks' Notes
- ☐ ·Beans can be cooked in about one third of the time in a 6- to 8-quart pressure cooker. Follow recipe, sautéing vegetables in pressure cooker, uncovered, then adding beans with soaking liquid and cheese rind (if using). Seal pressure cooker with lid and cook at high pressure, according to manufacturer's instructions, until beans are tender, 45 minutes to 1 hour. Put pressure cooker in sink (do not remove lid) and run cold water over lid until pressure goes down completely. Soup, without pasta, can be made ahead and chilled, uncovered, until completely cooled, then covered up to 1 week, or frozen 3 months. Soup thickens considerably as it stands, so thin with water when reheating over moderately low heat.

Nutrition Facts



Properties

Glycemic Index:37.1, Glycemic Load:1.26, Inflammation Score:-10, Nutrition Score:28.189130214164%

Flavonoids

Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg, Apigenin: 4.06mg Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg, Luteolin: 0.06mg Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg, Isorhamnetin: 1.38mg Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg, Kaempferol: 0.25mg Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg, Myricetin: 0.32mg Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg, Quercetin: 5.65mg

Nutrients (% of daily need)

Calories: 420.83kcal (21.04%), Fat: 4.27g (6.56%), Saturated Fat: 0.74g (4.62%), Carbohydrates: 75.61g (25.2%), Net Carbohydrates: 57.18g (20.79%), Sugar: 3.06g (3.4%), Cholesterol: 0.09mg (0.03%), Sodium: 545.2mg (23.7%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 21.19g (42.37%), Folate: 411.43µg (102.86%), Fiber: 18.44g (73.75%), Manganese: 1.09mg (54.47%), Vitamin A: 2710.47IU (54.21%), Selenium: 35.59µg (50.84%), Vitamin B1: 0.55mg (36.81%), Copper: 0.71mg (35.69%), Phosphorus: 340.47mg (34.05%), Magnesium: 133.11mg (33.28%), Vitamin K: 34.75µg (33.1%), Potassium: 1069.33mg (30.55%), Iron: 4.09mg (22.7%), Zinc: 3.12mg (20.8%), Vitamin B6: 0.34mg (17.05%), Calcium: 120.05mg (12%), Vitamin B2: 0.18mg (10.87%), Vitamin B3: 1.89mg (9.45%), Vitamin

B5: 0.77mg (7.66%), Vitamin C: 6.03mg (7.31%), Vitamin E: 0.56mg (3.73%)