

Pasta and Beans

INGREDIENTS FOR 1 PERSON

- 4/5 tablespoons of dried beans.
- 400 gr of water for cooking the beans.
- Diced vegetables (celery, carrot, onion) 40 gr.
- Salt and pepper to taste.
- Aromatic herbs (sage, bay leaves, rosemary) 1 or 2 leaves.
- 3 teaspoons of extra virgin olive oil.

PROCEDURE

For the Dried Beans

- Rinse the dried beans in cold water and place them in a bowl for 12 hours with a pinch of baking soda.
- After the soaking time, rinse them again under running water and place them in a pot with cold water.
- Add the diced vegetables (celery, carrot, and onion). If preferred, the vegetables can be roughly chopped and removed at the end of cooking.
- Then add the aromatic herbs, sage, or bay leaves, and half a teaspoon of oil (to prevent the beans from foaming).
- Cover with a lid, bring to a boil, reduce the flame, and cook for 1.5 to 2 hours. If the water dries out during cooking, add boiling water.

For the Pasta

- Add the pasta to the beans fifteen minutes before the end of their cooking time, along with salt (never add salt earlier as it can harden and break the beans).
- At the end of cooking, add the oil, pepper if desired, a few rosemary needles, and grated Parmesan. If you prefer a thicker pasta and beans, before cooking the pasta, blend some beans with a hand blender or food mill.