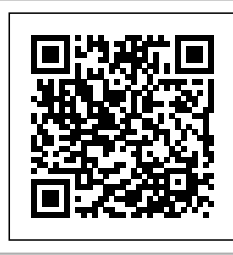


Pasta e Fagioli with Seafood



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Recipe by: Laura Vitale

Serves 4-6

Prep Time: 15 minutes

Cook Time: 4 hours 0 minutes

Ingredients

- __ 8 oz of Dried Cannellini Beans, picked through and thoroughly washed
- __ 2 Stalks of Celery, finely chopped
- __ 2 Cloves of Garlic, smashed and peeled but not chopped
- __ 2 Roma Tomatoes or 1/4 cup of Any Tomato Sauce
- __ Few Leaves of Fresh Basil
- __ Extra Virgin Olive Oil
- __ Plenty of Salt to taste
- __ 8oz of short cut pasta such as ditalini

For the Seafood:

- __ 1 lb of Mixed Seafood
- __ 2 Cloves of Garlic, smashed and peeled
- __ Handful of Cherry Tomatoes, halved or 1 roma tomato chopped
- __ 2 Tbsp of Olive Oil
- __ 2 Tbsp of Chopped Parsley

1) In a dutch oven, add the beans and fill halfway with water, bring to a boil, reduce the heat to low, partially cover and simmer for about an hour and a half.

2) At the hour and a half mark, add the garlic, basil, tomatoes, celery and a good drizzle of extra virgin olive oil, continue to simmer for another hour or until the beans are nice and tender.

3) Increase the heat to medium, at this point add the pasta and season well with salt, while thats cooking, start on the seafood.

4) In a skillet, add the oil and garlic along with a pinch of hot pepper flakes, once it starts to sizzle, add the tomatoes and parsley, cook for about a minute then add the seafood, cover and cook for about 2 minutes until the mussels open.

5) Take the mussels out of the shells and add the seafood and all its brothy goodness to the beans and cook all together for the last 2 minutes. Serve with extra parsley, another drizzle of good olive oil and plenty of black pepper.

