

HEALTHY ITALIAN

Soup

4-6 servings

1 tbsp	PASTENE Extra Light Olive Oil	15 mL
2	medium onions, halved and sliced	2
½ cup	pancetta (Italian bacon), diced	125 mL
4 cups	chicken stock	1 L
1	can (28 fl. oz/796 mL) PASTENE Diced Tomatoes	1
2	bay leaves	2
3	parsley sprigs	3
3	thyme sprigs	3
¾ cup	PASTENE Stelline	175 mL
2 cups	rapini, chopped	500 mL
1	can (14 oz/398 mL) PASTENE White Kidney Beans, drained	1
	PASTENE Grated Parmesan Cheese, (optional)	

- Heat olive oil in a large soup pot over medium heat. Add onions and cook 5 minutes. Add pancetta and cook until lightly colored.
- Add chicken stock, tomatoes, bay leaves, parsley and thyme. Cook about 10 minutes over medium heat.
- Add pasta and rapini. Cook 6-7 minutes. Add white kidney beans and cook 4-5 minutes or until beans are heated through. Serve with grated Parmesan, if desired.

