



MARC VETRI'S PASTA & CHICKPEAS (PASTA E CECI)

SERVING SIZE: 4 | COOKING TIME: 45 MINUTES | CONTAINS WHEAT

INGREDIENTS.....

2 Tablespoons (Tbsp) olive oil
1 medium onion, cut into small pieces
3 small celery stalks, cut into small pieces
3 garlic cloves, minced or cut into tiny pieces
1 teaspoon (tsp) dried/fresh rosemary,
cut into tiny pieces
3 Tablespoons (Tbsp) tomato paste
32 oz broth (vegetable or chicken)
32 oz water, more as needed
1 (15.5 oz) can chickpeas,
drained and rinsed
1 (16 oz) package ditalini, elbow,
or other small pasta shape
Salt and pepper
Fresh parsley or basil
(optional, for serving)

WHAT ELSE YOU'LL NEED

- Cutting board and knife
- Large pot or saucepan with a lid
- Cooking utensil
(spatula, wooden spoon, or similar)
- Strainer
- Blender, food processor, potato masher
or heavy spoon

DIRECTIONS.....

1. Heat olive oil in a large pot or saucepan on medium-low heat. Add onion, celery, garlic, and rosemary to the pan. Cover pot or saucepan with lid. Stir occasionally so they don't stick to the pan. Cook until the vegetables are soft and fragrant – about 10-15 minutes.
2. Add tomato paste to the pot/saucepan, stir to combine and cook for 3 minutes.
3. Open the can of chickpeas, drain the liquid and rinse with water using a strainer. Add drained and rinsed chickpeas, broth and half of water to the pot/saucepan. Bring to a simmer (liquid is lightly bubbling).
4. Using a slotted spoon (one with holes) or a spoon plus a strainer over the broth, remove half of the chickpeas from the pot and set aside in a bowl.
5. Turn off heat.
6. **A)** If using a blender/food processor: Carefully add remaining mixture from pot into the blender. Puree or blend the remaining mixture until very smooth. Return the mixture to the pot/saucepan.
B) If you are not using a blender/food processor: Use a potato masher (or heavy spoon) to carefully crush the mixture in the pot until it turns into a blended mixture.
7. Add the remaining whole chickpeas from your bowl, the pasta and the blended mixture to the pot/saucepan to gently combine.
8. Simmer on medium-low heat until the chickpeas are tender and the pasta is cooked through (according to box directions) – about 5-10 minutes. Add more water if the mixture is too thick.
9. Turn off heat. Carefully taste and season with salt or pepper if desired.
10. Drizzle with olive oil and sprinkle with freshly torn basil or parsley if desired. Serve hot.



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