

## ITALIAN SOUP

### INGREDIENTS:

1 Fennel Bulb - finely chopped  
1 Parsnip - chopped  
1 Red Pepper - finely chopped  
2 Carrots - peeled and chopped  
2 Stalks Celery - chopped  
1/2 Onion - chopped  
4 Cloves Garlic - minced  
2-3 Boxes (32 oz) Vegetable Broth  
1/3 Box (1 lb) DeCecco Acini di pepe no.78  
1/4 Box (1 lb) Bow Tie Pasta  
2 Large cans (28 oz each) whole peeled Italian tomatoes  
1 Can chickpeas (15.5 oz)  
1 Lb frozen field peas from local farmers market- we used zippers  
2 - 3 Tbsp of Fennel & Fire Pasta Toss  
1 Tbsp of Fennel & Fire Herbes de Provence  
Fresh Spinach (12 oz) - torn  
Sausage (16 oz roll) - cooked

MAKES ABOUT  
10 SERVINGS

### DIRECTIONS:

Heat dutch oven over medium high heat.  
Add two Tbsp of olive oil and 2 Tbsp butter.  
Once butter is melted, add the chopped vegetables.  
Stir to coat and cook about two min on high, then turn heat to med and continue cooking till vegetables "sweat" or get soft about 8-10 min.  
Add the two cans of whole tomatoes. Take a fork and knife and cut the tomatoes to bite size while in the dutch oven. Stir.  
Let cook for 2-3 minutes.  
Add broth and frozen peas to the pot. Bring to a boil. Cook for about 15 min on a soft boil.  
After the peas have cooked for about 15 min add the chickpeas and the pastas. Continue a soft boil until peas are tender and pasta is al dente - about 8 min. \*  
Remove from heat and serve. This soup is better on the second and third day.

To serve: add pasta soup to bowl, add a fist full of torn spinach and stir until wilted. Sprinkle cooked sausage on top and sprinkle a little parmesan if desired. Serve with Crusty bread.

\* If liquid is absorbed, add more broth through the cooking process or add broth just before reheating leftovers.

## KICK UP YOUR COOKING!

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