**PASTA e FAGIOLI SOUP**

2 Tbsp extra virgin olive oil

¼ medium onion , chopped

1 carrot, diced

1 stalk celery, diced

2 cloves garlic minced

½ tsp dried basil

½ tsp dried oregano

½ dried thyme

crushed red pepper flakes, optional

1 can cannellini beans, drained

3 cups chicken stock

½ cup crushed tomatoes

1 cup small pasta shells or ditalini

¾ tsp salt or more to taste

½ tsp black pepper

Parmesan cheese (optional)

**Directions:**

1. Chop onion, mince garlic, cut carrot into small cubes, and slice celery into small pieces.
2. In a large soup pot, heat olive oil and then add onion, carrots, and celery. When they start to become translucent add the garlic, dried seasoning and red pepper flakes. Continue cooking for a couple of minutes.
3. Add the beans and mash with a potato masher until they reach your desired consistency.
4. Add the chicken stock, tomatoes, pasta, salt and pepper and bring to a low boil. Continue cooking for 10 to 15 minutes until pasta is done.
5. Taste and add salt if necessary.
6. Serve with parmesan cheese.