

## Pasta e Fagioli 🍷 Good food to Sustain us During our Stay at Home Time

I usually make this from scratch but you have permission to do some pantry savaging

1. Take three ingredients out of the pantry., canned tomatoes, ceci beans, (or cannellini ) and pasta.
2. And a very good olive oil! I recommend Frantoio or Athena's Blend.
3. Don't forget the good wine to keep you company, while watching the water boil, and cooking the pasta.
4. While the pasta is cooking make a salad or just have perfect tomatoes for a snack. Or fresh lettuce from the garden or farmers market.
5. Open the cans and get your service bowl ready.
6. Drain the pasta put back in the pot with a little pasta water, add the two cans to the pot to warm all the ingredients, have a sip of wine.
7. Add the seasoning, salt pepper, basil, parsley and red pepper flakes OR NOT!
8. Gently toss together to mix all the flavors .
9. Sit down enjoy dinner in silence or dance to the music of good food and good company, good oil.

