**Pasta Fagioli**

**Ingredients**

2 Tbsp. extra virgin olive oil

1/4 medium onion, chopped

2 cloves garlic minced

1 tsp. Italian seasoning

crushed red pepper flakes (optional)

2 ¼ cups cannellini beans

3 cups chicken stock

1/2 cup crushed tomatoes

1 cup small pasta shells uncooked

¾  tsp kosher salt plus more to taste

parmesan cheese (optional)

**Directions**

1. In a large soup pot, heat olive oil. Onion and saute until fragrant and slightly translucent. Add garlic, seasonings, and red pepper flakes and continue seasoning for another 30 seconds to 1 minute, or until fragrant.
2. Add the beans and mash with a potato masher until they reach your desired consistency.
3. Add the chicken stock, tomatoes, pasta, and salt and bring to a boil on high heat. Continue boiling until the pasta is al dente, or about 10-12 minutes.
4. Taste and add more salt if necessary.
5. Serve with parmesan cheese and additional red pepper flakes, If desired.

*Note: Italian seasoning can be replaced with ½ a teaspoon each minced fresh rosemary, thyme, oregano and basil.*