Beef, Bean and Tiny Pasta Soup

About 6 cups (1.4 liters); 2 generous supper bowls · Active 25 min · Total 50 min

Skills: Confident beginner

Ingredients

- 2 teaspoons olive oil (10 ml)
- 7 oz ground beef (200 g)
- 1 small onion, finely diced (100 g)
- 1 medium carrot, finely diced (100 g)
- 1 celery stalk, finely diced (50 g)
- 1 garlic clove, finely chopped (3 g)
- 1 tablespoon tomato paste (15 g)
- 1 teaspoon dried mixed Italian herbs (1 g)
- 1 cup passata or plain tomato puree (240 ml)
- 2 1/2 cups low-sodium beef stock (600 ml)
- 2 1/2 oz tiny dried pasta, such as ditalini (70 g)
- 1 can cannellini beans (15 oz/425 g), drained and rinsed to yield about 1 1/3 cups (240 g)
- 1/4 teaspoon fine salt (1.5 g)
- 1/4 teaspoon black pepper (0.5 g)
- 2 tablespoons finely grated Parmesan (15 g), to serve

Set out

At least 2.5-liter (2.6-quart) saucepan with lid, Wooden spoon, Instant-read thermometer, Shallow container if saving a portion

Allergens

Wheat, Milk; check stock for celery and other allergens. Check labels and substitutions.

Make it

1. Heat oil in the saucepan over medium heat. Cook the beef for 5–7 minutes, breaking it into small pieces, until browned and 160°F/71°C. Add onion, carrot and celery and cook for 6–8 minutes, stirring, until beginning to soften.

2. Stir in garlic, tomato paste and dried herbs for 1 minute. Add passata and stock and bring to a gentle simmer. Cover partly and cook for 5 minutes.

3. Stir in the pasta, beans, salt and pepper. Simmer uncovered for the pasta package time, usually 8–12 minutes, stirring often from the bottom, until pasta and carrot are tender. Add hot drinking-quality water by the tablespoon if it becomes too thick.

4. Divide into two generous bowls and top each with half the Parmesan. If saving a portion, refrigerate it promptly in a shallow container before eating the other serving.

Use a modest spoon and a deep-enough pot

Headroom matters more than the pot’s outside diameter. Check its stated capacity and the appliance’s stability limits before using it on the stove.

A useful detail

The stated yield is approximate because pasta shapes and evaporation differ. The finished soup should have enough liquid to spoon around its beef, vegetables and beans.

Keep it well

Refrigerate shallow portions within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Reheat while stirring to 165°F/74°C, adding a little water to replace what the pasta absorbs. Freeze promptly for up to 1 month; thaw in the refrigerator. The pasta becomes softer after freezing.