



Minestrone with Black-Eyed Peas and Kidney Beans (Source: Food & Wine Annual Cookbook 2010)

Servings: 6 Ready in: 1 hour, 30 minutes

Ingredients:

3 tablespoons extra-virgin olive oil	1 cup dried black-eyed peas
2 oz. pancetta, finely diced	2 quarts water
1 large onion, finely chopped	3 parsley sprigs
2 celery ribs, thinly sliced	1 bay leaf
4 garlic cloves, thinly sliced	3 thyme sprigs
1 leek, white and tender green parts thinly sliced, 1 dark top reserved	One 15-oz. can red kidney beans, drained and rinsed
Salt and freshly ground pepper	2 oz. penne
½ pound Savoy or other green cabbage, coarsely shredded	½ cup shredded basil
One 14-oz. can diced tomatoes	¼ cup plus 2 tablespoons freshly grated Parmigiano-Reggiano cheese

Directions:

1. In a large soup pot, heat 2 tablespoons of the olive oil. Add the pancetta, onion, celery, garlic and sliced leek and season with salt and pepper. Cook over moderate heat until the vegetables are softened, 10 minutes. Add the cabbage and cook until slightly wilted, 1 minute. Add the tomatoes and cook for about 5 minutes. Add the black-eyed peas and water; bring to a boil. Wrap the parsley, bay leaf and thyme in the reserved leek top and secure with kitchen twine. Add to the pot.
2. Cover the pot and simmer over low heat until the black-eyed peas are tender, 45 minutes. Discard the herbs. Add the kidney beans and simmer for 10 minutes longer.
3. Meanwhile, in a pot of boiling salted water, cook the penne until al dente. Drain and cool under running water. Slice the penne crosswise into ¼-inch rings.
4. In a nonstick skillet, heat the remaining 1 tablespoon of oil. Add the penne in a single layer and cook over moderately high heat, turning once, until golden, 5 minutes. Drain the penne rings on paper towels.
5. Stir the pasta and basil into the soup. Ladle the soup into bowls, sprinkle each with 1 tablespoon of the cheese and serve.