

Sip, Slurp and Savour ...

Micky Dolenz's Pasta Fagioli Soup

Ingredients

- 1 tablespoon olive oil
- 1 thin slice onion, diced
- 1 tablespoon of bay leaves
- 1/2 teaspoon chopped garlic
- 4 (8 ounce) cans tomato sauce
- freshly ground black pepper to taste
- sea salt to taste
- 1/2 tablespoon dried basil leaves
- 1 (15 ounce) bag dried kidney beans (soak overnight)
- 1 1/2 cups rigatoni pasta noodles
- 1 ham hock
- 3 cups of water

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Boil the ham hock in water at least 2 to 3 hours on low heat with the herbs and spices until you can pick the good bits off with your fingers. Then you add the kidney beans until they are tender. Then add the noodles, cook until they are al dente. Add Parmesan cheese when ready to serve



Recipe Courtesy of Micky Dolenz Lead Singer of the Monkees. We would like to thank Micky for sharing this recipe with us. It was passed down from his Dad, George Dolenz, who was an actor in the 1930s and 40s. He owned a restaurant in Hollywood called The Marquis and served it there.

www.mickydolenz.com

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