



Lamb Fagioli

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Makes about 8 servings

1/3 cup (80 mL) olive oil	8 cups (2 L) chicken stock
1 cup (250 mL) lamb sausage meat, casings removed and meat crumbled	2 cups (500 mL) cooked cannellini beans (drained and rinsed if canned)
1 onion, diced	3/4 cup (185 mL) ditali pasta or other short, macaroni-type pasta
1 carrot, peeled and diced	3 cups (750 mL) roughly chopped Swiss chard leaves
3 cloves garlic, minced or finely chopped	Salt and pepper to taste
2 Tbsp (30 mL) finely chopped fresh rosemary	1 cup (250 mL) freshly grated Parmesan cheese
1 Tbsp (15 mL) finely chopped fresh sage	2 Tbsp (30 mL) finely chopped parsley
1 tsp (5 mL) red chili flakes	
1 can (28 oz/796 mL) tomatoes, drained	

1. Heat a large pot over medium-high heat. Add the oil. When the oil is hot, sauté the lamb sausage meat until browned.
2. Reduce the heat to medium. Add the onion, carrot, garlic, rosemary, sage and red chili flakes. Sauté until the carrots start to soften.
3. Crush the tomatoes slightly with a potato masher. Add to the pot, along with the stock and beans.
4. Bring to a boil over high heat. Add the pasta. Reduce the heat to low. Simmer, covered, for 10 minutes.
5. Add the Swiss chard. Simmer until the pasta is tender and the Swiss chard has wilted, about 5 minutes. Add salt and pepper to taste.
6. Ladle up a piping cup, and garnish with a scattering of playful Parmesan and punchy parsley.



Drizzling bowls of this soup with extra virgin olive oil adds a really lovely fruity aroma. And if you can find oil with some really fresh green tones, the drizzling also adds a splash of great color!