

Pasta e Ceci (Italian Pasta and Chickpea Stew)



Andrew Purcell for The New York Times. Food Stylist: Barrett Washburne

By [Colu Henry](#)

Time 30 minutes

1

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INGREDIENTS

Yield: 4 servings

3 tablespoons olive oil, plus more for drizzling

1 medium yellow onion, finely chopped

PREPARATION

Step 1

Heat the oil in a large stock pot or Dutch oven over medium. Add the onion and cook, stirring occasionally, until softened but not taking on any color, 4 to 5 minutes. Add the garlic, rosemary and

- 3 garlic cloves, finely chopped
- 2 teaspoons chopped fresh rosemary
- ½ teaspoon red-pepper flakes
- Kosher salt and black pepper
- 1 packed cup canned whole tomatoes, drained
- 1 (15-ounce) can chickpeas, rinsed
- 1 cup ditalini
- 4 cups roughly chopped escarole, Tuscan kale or radicchio
- Grated pecorino, for serving

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Ingredient Substitution Guide

[Nutritional Information](#)

red-pepper flakes, and cook 1 minute more. Season well with salt and pepper.

Step 2

Stir in the tomatoes and the chickpeas, breaking up the tomatoes with the back of a spoon or spatula and smashing about ½ cup of the beans.

Step 3

Add 3 cups water and bring to a boil over high. Add the pasta and simmer, stirring often to make sure nothing sticks to the bottom of the pan, until the pasta is al dente, about 10 minutes. The water will mostly be absorbed by the pasta, but if you prefer it brothier, you can add ½ to 1 cup water and simmer until warmed through, 1 minute more. Season to taste with salt and pepper.

Step 4

Add the escarole and stir until wilted. Taste and adjust seasonings accordingly. Ladle into bowls and top with grated cheese and a drizzle of olive oil.

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