

Fusilli with Fava Beans and Pecorino Romano

Costco Soulmate Trading Outlet Executive Chef Softie Softerson presents a simple, yet fulfilling dish that can be shrunk or extended easily to fill your fellow campers tummies. The Costco Kitchen specializes in Pan-Playa cuisine, Cutting edge ingredients, and expertise flavor matching and balancing.

This one dish veggie friendly meal can be prepared in minutes, with minimal ingredients. The result is yummy, light, refreshing, and is left-over friendly (but there probably will not be any!)

It yields 4 full course servings, or 6 appetizer servings, and can be multiplied to larger quantities without an advanced math degree.

Ingredients

Water

3 Cups of Shelled Fresh Fava Beans or Frozen Lima Beans, or Canned Drained Lima beans.

(You can even use soybeans if you want!)

2 Large Garlic Cloves, Chopped up

2 cups of fresh Basil chopped up

1 cup of Olive oil, plus a bit for the boiling water

2 Tablespoons of fresh Lemon juice

14 oz of fusili pasta

1/3 cup freshly grated Pecorino Romano Cheese

Directions

1. Boil about 2-3 quarts of salted water
2. Dump the beans in, and cook em until they are tender (3-5 minutes depending upon quantity and stove strength). If using canned, omit this step!
- 3, Using a slotted spoon or strainer, remove the beans from the water to a good sized, fairly hefty bowl. SAVE THE WATER!
4. Take one cup of the cooked beans and set them aside.
5. Add to the 2 cups of beans: 1 cup of chopped basil, and all of the garlic. Have a friend take a slotted spoon, fork or mortar and pestle and smash up the mixture until it becomes a wonderfully smelly, chunky paste. (At Costco, it would go into a food processor at this point, but we are 'roughing it' here.)
6. Bring the Bean water to a boil again, add a bit of olive oil, and the pasta. Cook the pasta to Al Dente, or to your taste, probably around 7-10 minutes depending on quantity and stove strength.

7. Once the bean stuff is mashed up pretty good, add the remaining cup of whole, cooked beans, basil, cup of olive oil, lemon juice, and salt and pepper.

8. Drain the pasta, saving about 1 or two cups of the cooking water. Dump the hot cooked pasta into the bean mixture, add the grated cheese, and as much of the cooking water to moisten it all slightly. (Probably about 1/4-1/2 cup) Touch it up with salt and pepper, and serve in heated pasta bowls with garlic-butter baguettes. (or if roughing it, um, in whatever you eat food out of.)

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Submitted by **SOULMATE TRADING OUTLET**